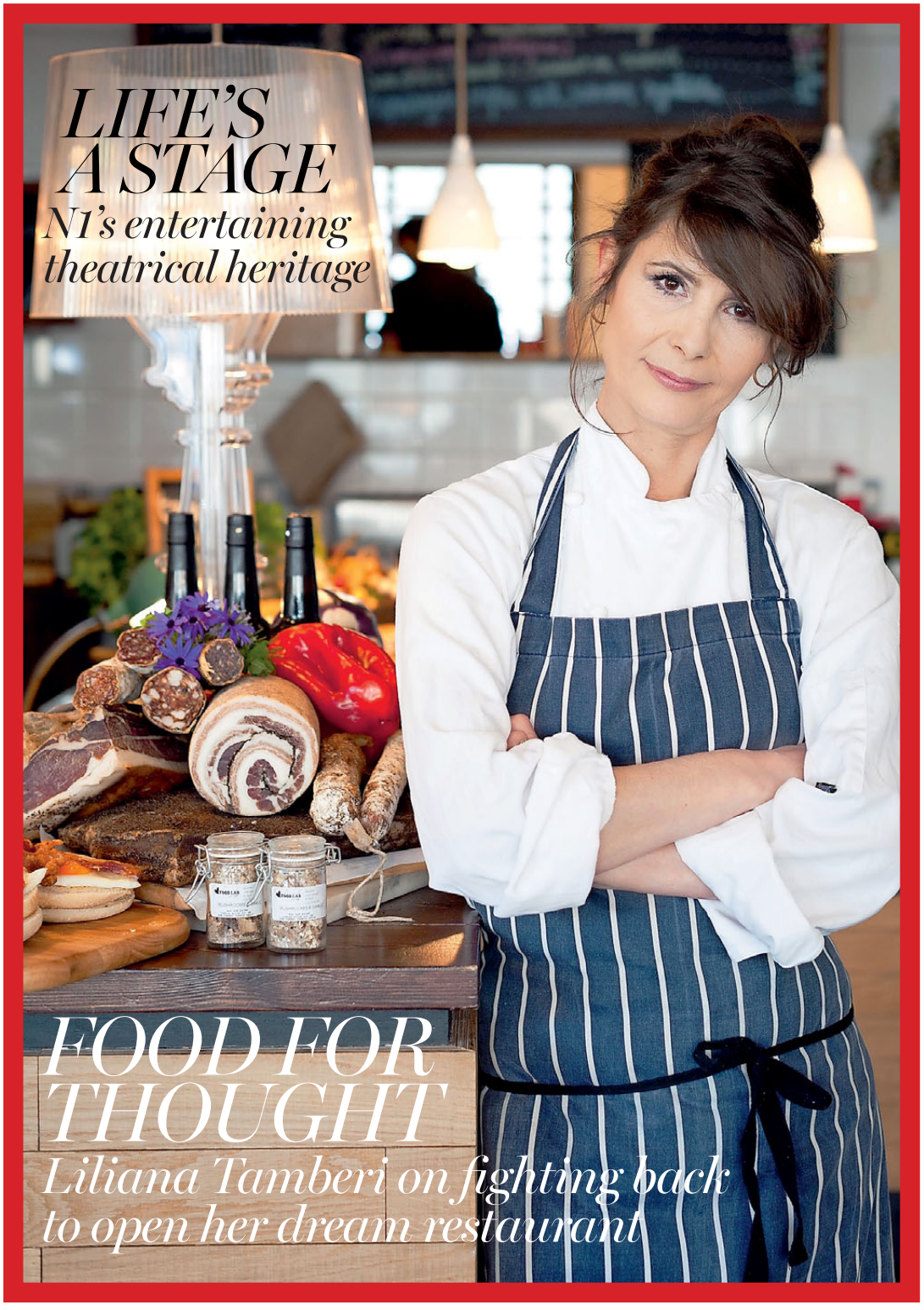
The Angel resident



LIFE'S A STAGE

N1's entertaining theatrical heritage

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Liliana Tamberi on fighting back to open her dream restaurant

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BANG & OLUFSEN

Welcome to

The Angel resident

The theatre scene is buzzing in N1 and Rupert Goold has taken it up a notch

This month's cover: Liliana Tamberi, founder of the Food Lab on Essex Road – read more about her life-changing inspiration on page 27

I will never forget my first visit to a theatre, although the memory cells have let me down when it comes to recalling the actual show I saw. It was at the Polka Theatre in Wimbledon, South West London, and I remember being absolutely astounded as the lights dimmed and a whole new world appeared live in front of me.

There's a nice feeling of things coming full circle in this issue. The theatre scene is buzzing in Islington – and has gone up a notch with Rupert Goold starting as Artistic Director at the Almeida Theatre – so I decided to visit a couple of our hot spots to find out more. The Little Angel Theatre, which has long been a favourite of mine, is buoyant, but there's a hint of sadness this month as current Artistic Director Peter Glanville is leaving for pastures new once the latest Suspense festival comes to an end. His destination? Polka Theatre.

I simply don't have the space here to underline all of this issue's highlights, but from our wonderful cover star Liliana Tamberi to the ladies behind Felix & Lily's, and the thought provoking art of John Keane to a chat with Islington's Young Mayor, we have really gone to town with covering our local stars. Oh and let's not forget Michelle Dockery, who tells us what's next for Lady Mary.

Like what you are reading? This month we are asking readers to fill in a simple online survey to tell us what you think about the magazine. By filling in the survey you will be automatically entered into a competition to win a £200 hamper from Fortnum & Mason. Just log on to swresident.co.uk for details. Enjoy the issue!

Mark Kebble
Editor

This month I have… really been embracing the delights of Canonbury. First I enjoyed the revamped Marquess Tavern, before visiting one of the most impressive local homes I have seen to date. Secluded sums it up perfectly.

The heart of N1

This month's contributors

Already an established member of the Archant editorial team, **Mary-Jane Wiltsher** recently branched out into the freelance world, but continues to offer her sage advice when it comes to what's hot in the local beauty world.

New to The Angel Resident this month, **Shona Wallace** is a rising star in the world of fashion journalism. She has a sparkling blog at sw-fashion.net and shows what she's made of this month by rounding up the best knitted designs.

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Angel life

Food for thought as local landmarks celebrate some very special birthdays

Talking Frank

This month's anniversary celebrations kicked off with Knight Frank's Islington office marking their first birthday in the area with a party held at Frederick's new event space, The Club Room. They invited a host of local businesses and people – including yours truly – to toast what has been a successful first year on Upper Street. Guests enjoyed some wonderful canapes and plenty of bubbly as Knight Frank's team highlighted some of their success stories to date.

✤ Knight Frank, 353 Upper Street N1 0PD; 020 3657 7340; knightfrank.co.uk

Birthday surprise

Cross Street's Tallulah Lingerie has been nominated at the Stars Underline Awards, for the Excellence & Outstanding Achievement gong. It's a public vote and you still have time to get involved, so visit http://shortify.us/TallulahAward and have your say. What's more, the night of the awards – 20 November – coincides with Tallulah's 10th birthday, so this would make the perfect present.

✤ 65 Cross Street N1 2BB; 020 7704 0066; tallulah-lingerie.co.uk

On the run

Just as The Angel Resident was going to print – slogging away by the computer – our columnist Rosie Millard was pounding the Islington streets in preparation for slogging around 26.2 miles in Berlin on 29 September. By the time this magazine is out she will (hopefully) be done and dusted, but you can still help her towards raising £10,000 for Macmillan, which helps people with cancer and their families too. Head to http://www.justgiving.com/Rosie-Milllard1 to donate.

EDITOR'S PICK OF THE MONTH

Angel's finest buys

LOCAL LUXE

Perfect for autumn time, Joy are stocking this Olivia Burton watch, £70, which has a gold plated case with a genuine leather strap, measuring at 38x38mm.

✤ 21-22 Upper Street N1 0PQ; 020 7354 4753; joythestore.com

Just in time for winter, SMUG have launched gorgeous Geometric Merino Wool Blankets that come in various colours. Pictured is the grey Merino Wool at £96.

✤ 13 Camden Passage N1 8EA; 020 7354 0253; ifeelsmug.com

As well as vintage fashion from the 1920s onwards, Bohemia Road also now have an extensive selection of vintage A/W coats. Pictured is the Vintage 1960s Faux Fur Coat, £235.

✤ 21 Canonbury Lane N1 2AS; 020 3441 7731; bohemiaroad.co.uk

Good for its age

New River Walk, one of the capital's oldest man-made water courses, celebrated its 400th anniversary on 29 September

Down by the Canal

The De Beauvoir area continues to evolve at pace and the latest addition is a wonderful new gallery called Canal. It has launched its exhibition and editions space with a solo show by Laura Morrison, whose wall reliefs and digital prints represent public testimonies of both personal and global scope. Canal continues its launch season with the best of the capital's art graduates.

✤ Unit 60, De Beauvoir Crescent N1 5SB; canalprojects.wordpress.com

CELEB SPOT

Boxed in

Now this was certainly something different to what we've seen at Frederick's before. On 18-19 September they hosted a couple of weigh-ins and press events for Frank Warren's Box Nation. Included were a number of boxers from the local area, including Dereck Chisora (pictured), with guests and the press treated to a lovely buffet selection from the acclaimed restaurant.

This was certainly something different to what we've seen at Frederick's before

BOOK OF THE MONTH

The Grace of the Cat, by Tamsin Pickeral, with photography by Astrid Harrisson, £25

Ever since this book came into the office we have been absolutely bowled over by it. Cats are the most enigmatic and alluring of domestic animals: beguiling beauty, fierce independence and aloof intelligence characterize their long and exotic history. *The Grace of the Cat* is a celebration of this captivating animal and a moving account of the feline's journey from the wild to a comfortable domestic existence.

In this beautifully illustrated book – Astrid Harrisson's photographs are astonishing – Tamsin Pickeral traces the colourful and tumultuous history of the cat, from its glory days in Egypt to its transport on creaking ships to America, exploring the diverse role of the cat in each culture. Cat lovers will lap it up, but we say *The Grace of the Cat* is a winner on all levels.

✤ Available to buy now from Waterstones, 11 Islington Green N1 0QD; 0843 290 8411

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Virgin Active UK
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@angelmag Don't fear the ache! There are few better ways to tone up & improve your cardio than a kettlebell workout: bit.ly/19dH5V8

MarquessTavern
@marquess_tavern
@angelmag we have some great specials ready for you so I hope u r having 3 courses! Lots to try

Building the foundation

In a special one-off feature, The Angel Resident celebrates the coming together of Islington Giving and The Arsenal Foundation charities

Theo Walcott is the latest Arsenal player to visit Islington hospitals at Christmas

Past star Dennis Bergkamp inspires local youngsters

All eyes were on the recent 100th anniversary celebratory match between Arsenal and Stoke City on 22 September, but for The Angel Resident it wasn't all about the football as, at half-time, our charity partner Islington Giving were handed a cheque for £150,000 from the football club's community arm, which officially begins a wonderful new partnership.

'It's a really big thing for us,' smiles Lizzie Stallybrass from the comfort of Islington Giving's office just off Essex Road. 'Arsenal have been a part of Islington for 100 years, and through Arsenal in the Community and The Arsenal Foundation they are very dedicated to the borough. We shared a vision of wanting to make life better for Islington residents.'

'The link to Islington Giving is that we are both like-minded organisations,' adds Freddie Hudson, Arsenal in the Community Manager. 'They are rooted in the local community just like Arsenal. When we got round the table with them it was just so obvious – the synergy between the two organisations had to be developed.'

Both Lizzie and Freddie can speak first-hand about how the past year has been a great one for their respective organisations. The Arsenal Foundation, to help engage even more young people, was launched last year to work alongside Arsenal in the Community, and Islington Giving are really hitting their stride. 'We are three-years-old and when we started we were hugely ambitious, but nobody really knew what was going to be possible,' Lizzie says. 'We have always been about partnerships from the start – residents, businesses – and adding Arsenal to that list is phenomenal. This year Islington Giving Week was launched too, so Arsenal is the icing on the cake.'

The financial donation aside, the partnership is set to bring plenty of opportunities for Islington residents. The first project to be announced is the Friday Night Youth Engagement Football Programme. 'There are a lack of facilities open on Friday and Saturday nights in the borough,' explains Lizzie, 'and that's what Islington Giving feel passionate about, opening up these spaces, and enabling youngsters to socialise and learn about local living. We want to use football as a link to other things, such as issues to do with drugs, alcohol and sexual health.'

And it certainly helps when you have Premiership football players to hand. 'The players are incredibly supportive,' says Freddie. 'They visit projects and we are able to take young people to the training ground. We have clips on DVDs where they are giving out messages about education and that's invaluable.'

As The Angel Resident has been doing for the past few issues, we will keep you updated about the work between these two unique organisations. Oh, and Arsenal beat Stoke City 3-1.

✤ Find out more at islingtongiving.org.uk and arsenal.com

> The link to Islington Giving is that we are both like-minded organisations. They are rooted in the community just like Arsenal

View from the top

✤ **Arsenal FC manager Arsene Wenger on the importance of the local community**

When we enter the stadium on a matchday, myself and the players are greeted with the words 'The deeper the foundations, the stronger the fortress' and I believe that this is very appropriate when talking about our work in the community. What makes a club survive in the long-term is not always the top of the tree, but its roots – it is these roots that we need to extend and make sure that they grow and penetrate into the community. It may not be the most glamorous part, but in my opinion it is the most important part.

Lizzie Stallybrass, Jeremy Corbyn MP, Kristina Glenn, Cllr Barry Edwards and Arsenal legend Charlie George

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Rosie Millard

Charity starts at home, which is handy when dealing with a typically N1 request

My month

✤ Hired a violin from Islington Music Shop for my daughter. It disappeared from her classroom three days before her Grade 5. The shop lent us another one. She took the exam. The first one then mysteriously reappeared. We gave both instruments back. She passed the exam. Thanks, Islington Music!

✤ Went to a children's Swimming Gala at the Cally Pool. Or was it a Time Trial? Either way, it was terrifying. Not the competitors; the parents. With special Swim Apps on their iPhones and stopwatches at the ready, desperate for their offspring to become the next Rebecca Adlington.

✤ Speaking of the Cally, have you spotted the new railway bridge over it, proudly displaying the words 'The Cally'? Voted in by us locals.

In all honesty, Islington isn't really much like the stand-up cliché of old. Granita, the famous hangout of Blair and Brown, is long closed. You are far more likely to bump into someone reading The Telegraph than leafing through The Guardian. And should Pink Floyd ever decide to re-record *The Wall*, the likelihood of them successfully hiring students from City of London (Islington) Academy to warble on about their educational needs, or lack of them, is surely nil. And yet, dear reader, Islington sometimes lives up to its good old left-leaning, liberal, arty farty past.

Take this classic moment. I am finishing off my morning run when I came across a man. This man is lying face down in the grass, motionless.

'Do you think he might be dead?' I yell to a dog-walker.

'Dunno,' calls the dog-walker. 'Do you want to look?'

Well, I'll just finish my run, I think (selfish, I know, but I have a schedule to complete). Then I approach the man, who is clad in a hoody, jeans and trainers. He is clearly alive.

'Are you alright?' I ask him.

'Yeah,' says the man, opening one eye.

'Do you live near here?' I say, with the typical impertinence of a mother of four.

'Ain't got no home,' he says.

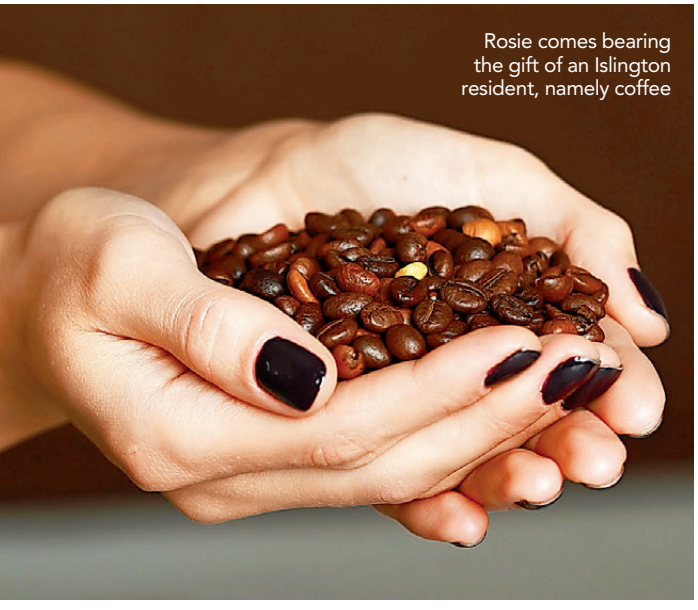
The dog-walking man beats a swift retreat.

'Would you like anything?' I ask him. 'Would you like a drink?'

He leans up on one elbow. 'Yeah. I would like a cappuccino. With four sugars.'

Now, this dialogue could only have happened in Islington. Where else in London, or indeed, the rest of the UK, would a homeless man behave like this? Indeed, knowing about a cappuccino is so much part of the life-blood of N1 that it was my first child's first word.

I laugh. A lot. 'Back in a minute,' I say.



Rosie comes bearing the gift of an Islington resident, namely coffee

Where else would a homeless man behave like this? Knowing about a cappuccino is so much part of the life-blood of N1 that it was my first child's first word

I go home. I make him not a cappuccino (since I do not live in a branch of Cafe Nero), but a nice mug of coffee. With four sugars. I also grab biscuits. I tell Mr Millard about the exchange. 'Don't feed him!' he advises me. 'He could be dangerous.'

Ignoring him, I go back into the park, bearing nutrition and a hot drink for the object of my charidee. Oooh, I really hope my neighbours see me now, is the thought that I am ashamed to admit is going through my mind.

He leans up again on his elbow, and inspects what I have brought.

'Good,' he says. 'Ta.'

Then he just starts drinking the coffee. He isn't surprised, he doesn't shower me with pathetic thanks, bless me or call me a Good Samaritan. I like his diffidence. Yes, he lacks the single asset that everyone in Islington is obsessed with, namely a house, but he has a lot of self-respect.

'I'll come back for the mug,' I call, as I leave.

About three hours later, I return. The biscuits have been eaten, the coffee drained. The mug is still there. So is the man, fast asleep on the grass as before.

✤ Agree with Rosie? Share your thoughts on this column at twitter.com/angelmag

Striking out alone

With Downton Abbey returning, will Lady Mary find love again? Michelle Dockery offers Stephen Milton some clues and talks about her life changing role

Is there a curse over *Downton Abbey* and the regal Crawley family? First Lady Sybil tragically died after complications in childbirth, then Matthew was killed in a car crash, just moments after the arrival of his and Lady Mary's son, George.

Michelle Dockery has a theory to help cap the number of growing fatalities. 'It's children,' she quietly chuckles, her soft purr curling round an airy suite in the Mayfair Hotel. 'Anytime babies come into Downton, someone has to go. So I think no more pregnancies and we're all fine.'

She jests, but the 31-year-old North London resident is still smarting from the departures of her on-screen sister and husband, played respectively by Jessica Brown Findlay and Dan Stevens. Fortunately, Michelle and her remaining on-screen sibling Laura Carmichael (Lady Edith), who has a home near Tufnell Park, both live within walking distance of their departed co-stars in North London – Stevens in Crouch End, Brown Findlay in Islington respectively - and all regularly descend on a nearby pub when they can.

'Laura and I both miss Jess and Dan so much,' Michelle laments. 'I mean we all went through this journey together, so it's important to meet up when we can at one of the pubs near one of our houses, which is rare because everyone's so busy.'

Safe to say Christmas Day was effectively ruined by *Downton* last year when Matthew was shockingly offed in the final moments of the festive special. Most of us were left blubbing into our mince pies.

Michelle starred with Keira Knightley in Anna Karenina

Now, the real question on everyone's lips is: who will mend Mary's broken heart? There's a string of hunky suitors vying for the position including newcomers, Tom Cullen, who plays dashing Lord Gillingham, and Julian Ovenden, as aristocrat, Charles Blake. Or could there be a surprise in store?

'It's going to be quite like series one,' Michelle explains, 'where there were echoes for me, with all these suitors starting to arrive. And the family, particularly Cora, wants her to move on and she really has to. Also because of the position she's in and her entitlement to the estate, she has to find another husband, for financial logistics alone. So there's Gillingham, who's an old family friend and they've known each other since they were children. He's invited to a party that Cora throws. And Napier [played by Brendan Patricks] comes back, who was in series one. He introduced Mary to the Turkish diplomat, and this time brings with him a character called Charles Blake. It's like a conveyor belt. Or maybe,' she adds with a chuckle, 'she won't end up with anybody?'

> Lady Mary is on her own for the fourth series. You work with someone for years and suddenly they're not coming in one day

Achingly fashionable in a plunging grey top and pencil skirt, her porcelain skin visibly glowing, Michelle explains how she relished indulging her maternal side with twins, Logan and Cole Weston, who together play baby George Crawley.

In accordance with Mary's initial failure to bond with her son, however, the star had to suppress her natural motherly instincts. 'I love kids, I loved them being around,' she smiles. 'They're amazingly placid and easy to work with. But it's something really different playing Mary with a baby and my instinct is to be really cuddly and, of course, it's not in her nature. So I was always resisting my need to be cuddly with them.'

Michelle's local loves

✤ Why did you settle here?
There's something about the area that agrees with me. And I'm close to everything, my family and friends.

✤ What are your favourite spots in the area?
It's very low key, not showy yet has some of the loveliest shops and stores. Fantastic places on Exmouth Market like Bagman and Robin and ec one. Plus, there are museums and Sadler's Wells.

In the fourth series of Downton, Lady Mary is left holding son George

Julian Ovenden as Charles Blake

Tom Cullen as Lord Gillingham

Along with fans of the costume drama, who desperately invested in her on-screen romance with Matthew, Michelle was disappointed to learn of Dan Stevens' decision to leave the show and admits she misses him terribly. 'Like it is for Mary without Matthew, it's a weird isolation without Dan,' she says. 'She's very much on her own for the fourth series. And for me, it was just strange. You work with someone for years and suddenly they're not coming to work one day.

'It felt odd to go on without him. And you almost felt short shrift. They fought so hard to be together, finally got married, had a baby, and then he dies,' she jokes. 'It's like, "What!"'

Stevens and Brown Findlay have both left Downton to blaze a trail to Hollywood, and having just wrapped her first big screen outing with Liam Neeson and Julianne Moore in thriller, *Non-Stop*, Michelle must surely be contemplating the same move? 'You have to think about what's your next step, the next fork in the road, because it's a career based on opportunities and decisions. But for the time being, I'm happy staying where I am, while working on separate projects when I'm available.'

A virtual unknown before landing the coveted role of Lady Mary, the stunning actress, raised in Romford, Essex, has enjoyed a slow build on her success with supporting parts alongside Keira Knightley and Domhnall Gleeson in *Anna Karenina* and BBC wartime drama, *Restless*.

Working beside Neeson and Moore in *Non-Stop*, which sees the Irish actor spring into action when a plane is hijacked – not a million miles from *Taken*, by the sounds – is undoubtedly her biggest project to date.

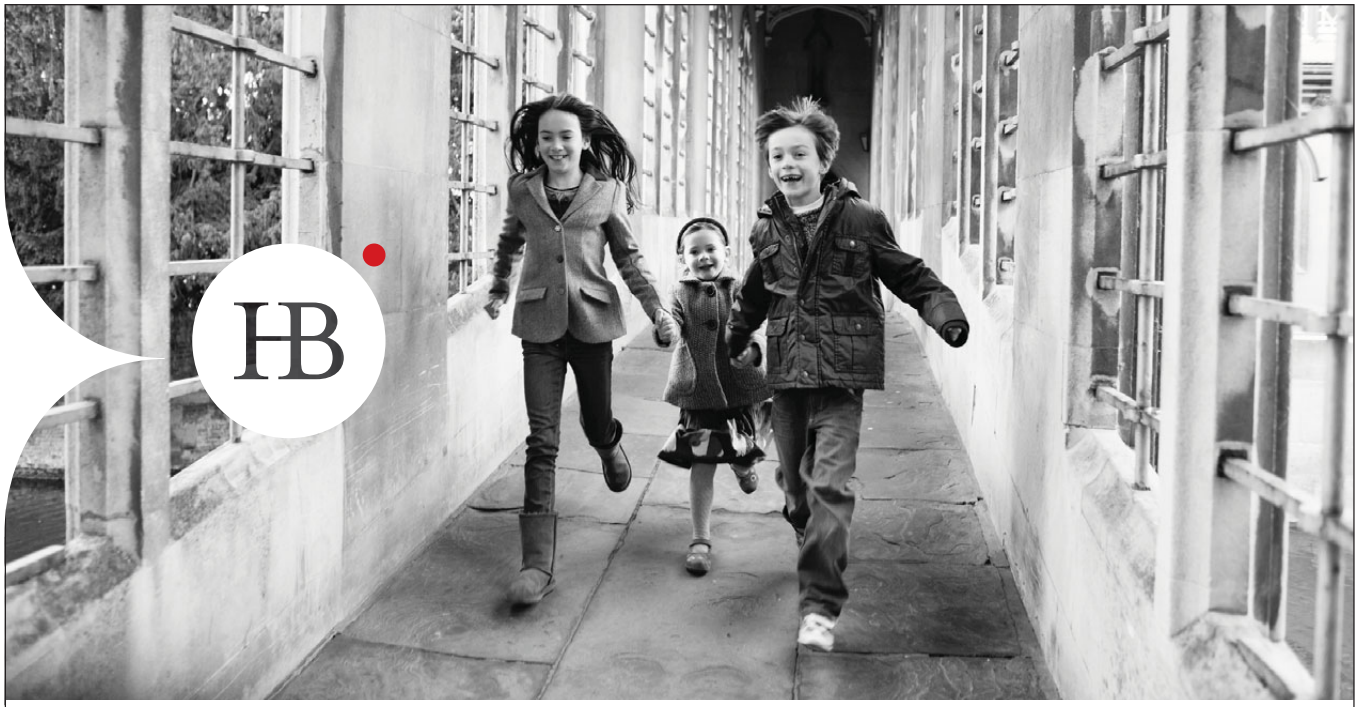
And Michelle was delighted with the contrast to the pomp and civility of Downton. 'I had such a brilliant time,' she gushes. 'I lived in New York for three or four months while I was working on the film and it was such a departure from Lady Mary. Modern dress and working on a film set which was the interior of a jumbo jet. So it was very different from working at Highclere [Castle].'

And while she was admittedly starstruck by her A-list co-stars, it turns out Julianne Moore was just as jittery around the ethereal beauty. 'She is a huge fan of the show,' she looks stunned. 'I'd come onto set and she'd always be asking me what's going to happen, she loves it. And it's Julianne Moore! The woman is an inspiration to me. The fact that she was even talking to me at all was pretty phenomenal.'

✤ Downton Abbey is on ITV every Sunday

You have to think about what's your next step, because it's a career based on opportunities and decisions

Michelle loves the atmosphere around Clerkenwell



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Modern fishermans knit from Mint Velvet

essential STYLE

Edited by Shona Wallace

The knit list

As winter ensues, so too does the hunt for the perfect winter knit. Often overlooked as a basic, this season designers have elevated knitwear from humble to haute. A ladylike take on Fair Isle, this dove Ganni knit works well layered with a charcoal grey midi skirt (£129; plumo.com). And if gloomy winter days are taking their toll, lift your mood with a bright sweater like this electric Kenzo style (£190, Net-A-Porter). Pair with their eye motif clutch for a punchy catwalk look.

THINGS WE LOVE

Electric blue Thela Tote, £650
Melimelo.com

Orange knit scarf, £49
Available at Cos, The Arcade E20 1EL; 020 8221 4860

The Angel resident *LOVES*

MSGM check and floral coat £845
Available at Matches, 87 Marylebone High Street W1U 4QU; 020 7487 5400

THREE'S A TREND

Shimmer quartets

Pale gold, taupe, warm bronze and copper eyeshadows are a key way to contour eyes and complement nude tones this season. Try **Bobbi Brown's new Holiday Shimmer Brick, £35** (1), a beautiful quartet of metallic shades (johnlewis.com) or muddle together the collection of satin autumn hues in **Clarins' Mineral Quartet Eye Palette in Forest, £30** (2) (houseoffraser.co.uk). A baked formula with densely packed light reflecting properties, **Laura Mercier's Shimmer Bloc**, £31 (3), in Golden Mosaic will give eyelids a subtle sheen (spacenk.com).

Edited by Mary-Jane Wiltsher

Beauty NEWS

High gloss

Thanks to the sleek, preppy hairstyles seen on the runways at the likes of Calvin Klein this year, groomed hair finished with a slick of product is back. **Try Percy & Reed's Eau My Goodness Shine and Fragrance Spray, £22, or Living Proof's Satin Hair Serum, £25.**

✤ Both available at Space NK, spacenk.com

STORE REVIEW

Kiehl's

New to Upper Street is an American institution. Kiehl's was founded as an old world apothecary in New York's East Village neighbourhood over 150 years ago. Simple, no-frills packaging and a policy of not advertising allows the company to formulate its products with high quantities of the most efficacious ingredients available. In addition, the company has gained a reputation for a generous 'try before you buy' philosophy. So pop along to Upper Street to see why they have built such a loyal fan base.

✤ 140 Upper Street N1 1QP; kiehls.co.uk

LOCAL LUXE

VERY SUPERSTITIOUS

Chanel's A/W make up collection, Superstitious, is an ode to Gabrielle Chanel's belief in the properties of lucky charms. The Rouge Coco Shine lipsticks have a deliciously light, melting texture, gliding on to offer eight hours of hydration. We love the punchy pink sheen of Rendez-Vous, £24.

✤ Available at Harrods, harrods.com

MALE ORDER

To celebrate its tenth anniversary, Acqua di Parma has released a new edition of its best-selling scent, Colonia Assoluta Eau de Cologne (180ml, £120). Championing Italy's cycling culture, the art deco bottle and case is inspired by the whirl of the wheel and rotating bicycle spokes, while the scent itself is a spicier, warmer version of the classic citrus cologne.

✤ Available at House of Fraser, houseoffraser.co.uk

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No business like...

The theatre industry is thriving in Islington, so Mark Kebble meets up with three locals who are playing very different roles to get their take on life in N1

When news reached The Angel Resident about the imminent departure of Michael Attenborough from the Artistic Director chair of the Almeida Theatre, any fears about what was to come were quickly dispelled by news that acclaimed director Rupert Goold would be replacing him. It served as a timely reminder about the draw of this theatrical powerhouse, not to mention the Islington artistic scene in general.

So, inspired by this sense of pride in what we achieve here artistically, I decided to track down three locals who can offer different views about the stage: Alistair Spalding, as he approaches 14 years at Sadler's Wells; Susannah Fielding, an actress destined for big things; but we begin by looking at another departure, that of Peter Glanville from the Little Angel Theatre…

Peter Glanville in the famous Little Angel Theatre workshop

> We are a little oasis by Upper Street – time slows down here a little bit

It's never nice to remind yourself about the passing of time, but there's no escaping it when I sit down with the Little Angel Theatre's Artistic Director, Peter Glanville. It was eight years ago that he arrived at the world renowned puppet theatre and I remember clearly interviewing him in those early days. The years have been kind to him, perhaps not surprising given the wonderful atmosphere here. 'It does seem to have gone by in a whizz,' he smiles. 'I can't believe it's been eight years. I think about what we have done, what we have achieved and how it has changed – a lot has happened since then.'

Les Hommes Vides by Invisible Thread Theatre

That's an understatement if I have ever heard one. Today there are three strands to the theatre alongside their lively programme: Incubate, where the stage is given over to artists so they can try out new ideas; Hatch, which is all about works in progress, offering companies the chance to perform in front of an audience and get their feedback; and Firsts, where the Little Angel experts mentor companies and help their development.

Then there is the Suspense festival, which returns this month for the third time. The biennial festival is essentially Peter's baby and is a London-wide event that showcases puppetry for adults. 'I always thought a major festival for adults had potential,' Peter reflects. 'The first Suspense festival in 2009 had 70% box office across the whole event, so it vindicated how much people are into puppetry. People do now think it's a sexy art form and want to see it.'

Taking centre stage at the festival is the world premiere of Macbeth, directed and adapted by Peter himself. It will, however, come with a tinge of sadness as it will be his last act before departing Islington for the Polka Theatre down in South West London. Despite his impending departure, things at the Little Angel Theatre don't show any signs of slowing down. On the day I visit, there is a company rehearsing in the main space, people are milling about working on posters in the box office area, and their fabulous puppet makers are busy creating wonderful characters in the workshop – itself a magical world.

'This is a very special place,' Peter looks around him. 'It's great when you see new theatres being built, but it's very hard to capture that atmosphere. You go into the main space and there is this special

The Angel resident LOVES

Rúa Aire from Spain

Macbeth's puppets have been created by Lyndie Wright

atmosphere. A hundred people go in there and they just enter a different world. People will walk by and look through the workshop window and see Lyndie [Wright, who along with her late husband, John, founded the theatre] still creating puppets, and you can see the time and care taken over these creations is phenomenal. We are a hugely important local institution, part of the fabric of why people want to live in Islington.'

The community aspect is something that has never been forgotten at the Little Angel Theatre. Slavka Jovanovic was already in place as Education Manager when Peter started here, but together they have overseen a flourishing range of workshops. 'Slavka started a couple of Saturday clubs, and when I came in I worked closely with her to develop a ladder of development from the age of two, to have the opportunity to carry on up to the age of 16. We have Crafty Kids, for the 2-5 age group, set up a Youth Theatre, and then Adult Evening Classes followed. Each time we have up to 15 adults studying puppetry, and there are a lot of actors and actresses who say they are going for so many jobs these days where there's a little bit of puppetry involved.'

Puppetry as an art form is clearly flourishing – you just need to look at the West End success stories of *War Horse* and *Avenue Q* – but I say it all initially stemmed from this tiny getaway on Dagmar Passage, which Peter admits will be tough to leave behind. 'I have learnt so much here,' he says, 'I have been learning every day and that's going to continue informing whatever work I do with Polka.' Peter, you will be missed.

✤ The Suspense festival runs from 25 October-3 November – see more at suspensefestival.com

Bastard! is a Dutch production

Alistair Spalding

Photo by: Hugo Glendinning

I always thought Sadler's Wells was really where the future was for dance

Milonga, new work from Sidi Larbi Cherkaoui

Sadler's Wells is a local institution that The Angel Resident has covered countless times since we launched last year. Look at any given month, and the diverse and full programme that greets you means we have had no choice. 'It is diverse,' agrees Alistair Spalding, sounding rather pleased with the awe in my voice, 'but what unifies it all is dance. It's the best there is, the absolute cream of the crop.'

When Alistair came to Sadler's Wells in 2000 – next year marks a decade since he took over as Artistic Director and Chief Executive – there were two things he wanted to achieve. 'One was to really make this a dance house,' he begins. 'It was renowned as a dance house before I came in, but we also did opera, commercial shows like *Stomp!*, and I wanted it to be 100% dance throughout the year. But you say dance and you can be referring to lots of different styles. The other thing was to start to produce work here. There had been a big period where no original work was produced at Sadler's Wells, it was companies who were invited in. I thought that was important.'

You just need to look at the listings for November to show how far Alistair's vision has come. Three of the big shows on offer – Wayne McGregor's new work, *Atomos*, Hofesh Shechter's *Sun* and the BalletBoyz returning with *the TALENT 2013* – come from Associate Artists at Sadler's Wells. 'They are at the centre of things,' Alistair says on the many choreographers now inextricably linked to the theatre. 'We obviously still invite international companies, but what we produce here, they are at the centre of it.'

When you consider other Associate Artists include Matthew Bourne, Akram Khan and Sylvie Guillem, all huge names in their own right, does it suggest that dance is the art form of the moment? 'I think it does,' Alistair answers. 'It's one of the art forms today that's growing its audience along with contemporary visual arts. Particularly in London – and in the Angel area – the population is changing quite rapidly, and it's become very continental. We have a very theatrical tradition in London, but now people are more open to come to see an abstract art form like dance.'

Is Angel the perfect home for the venue? 'Definitely,' Alistair says emphatically. 'Not just Islington, but the fact it borders with Hackney and Camden, where people interested in the arts live now. It's the perfect place for us.' I couldn't agree more.

✤ To see all the information on Sadler's Wells' end of year programme, visit sadlerswells.com

Photo by: Morley von Sternberg

Susannah Fielding

I landed in Angel and never left, I just love it here

Starring opposite Zach Braff in All New People

Talk about sacrificing yourself for your art. Islington local Susannah Fielding is in the wars, with a fight scene in *A Midsummer's Night Dream* – the Michael Grandage production she is currently starring in alongside Sheridan Smith and David Walliams – aggravating an old neck injury. But don't expect it to diminish her love for the show. 'It's a really dynamic version and fun to be a part of – it's a fast-paced production,' she enthuses.

Susannah plays Hermia, a central character to Shakespeare's comedic take on love and identity. The Bard is a dirty word to some, but Susannah insists that everyone should come and see a fresh take on his work. 'If you are not usually up for Shakespeare, this is your ticket,' she insists, 'but if you love Shakespeare, it will also be a production for you. It's a really beautiful play, given a slightly contemporary twist.'

Problems with her neck aren't stopping her sticking to a familiar routine, with this interview taking place a couple of hours before she heads into the West End to go through her preparation. 'You may think being on stage is three hours of work in the evening, but you are gearing up for it all day,' Susannah explains. 'I go in at 5pm to do a proper warm up, as most of the actors do, because it's a really physical show.'

She is no stranger to the West End having been picked out by Zach Braff to star in his *All New People* show at the Duke of York's Theatre last year. 'It was an amazing part,' Susannah recalls. 'Partly because I was playing an American – which I haven't done before – but also a prostitute who was a cocaine addict, and I don't think I have any of those attributes! It was quite a challenge, but a wonderful challenge as well. Zach was very generous and really took the cast under his wing. It was amazing to see how much people loved him and his TV show [*Scrubs*] – it was like working with Bono at times! There were hundreds of people waiting to see him after a show.'

Susannah in rehearsals for A Midsummer Night's Dream

Look at her CV and theatre features heavily – including four plays at the National Theatre – but she has had very diverse screen work too, ranging from *Dr Who* and *Wallander* to comedies like *The Job Lot* and *Pete vs Life*. 'Watching David Walliams every night is hugely interesting,' she says on making people laugh. 'He's not done a lot of theatre before, but is very used to commanding a stage and audience. You can have comic timing, but that can always be improved. That happens every night with a play as each audience is slightly different to the night before.'

Susannah has lived in Angel for eight years now, ever since graduating from drama school at Guildhall, and her affection for the area is clear to see. 'I love the fact everything is on your doorstep,' she says. 'Amazing theatres, great cinemas, fantastic restaurants, bars and shops… There is so much going on, and Angel has got such a mix of people too.'

Mentioning the theatres, has she had an opportunity to tread the boards locally yet? 'I haven't yet, no,' she laments, 'but working at somewhere like the Almeida would be amazing. I love that theatre and they do fantastic work, and I am really lucky to have a space of that calibre just ten minutes down the road from me. I am looking forward to seeing what Rupert Goold does – he is going to do really exciting and daring stuff with it.'

✤ See Susannah Fielding in A Midsummer's Night Dream until 16 November at the Noel Coward theatre – for more visit michaelgrandagecompany.com

Canonbury Kitchen offers both a traditional & contemporary fresh style of Italian cooking

Canonbury Kitchen is situated in Canonbury Lane just off Upper Street in the heart of Islington in London N1. Canonbury Kitchen is the idea and concept of Max Tilelli the former owner of the Tilelli Bar & Restaurant located in St John Street, London EC1.

Opening Times
Monday – Friday: 6.00pm – 11.00pm
Saturday: 12 Noon – 4.00pm & 6.00pm – 11.00pm
Sunday: 12 Noon – 4.00pm

"The kitchen is at its heart and allows guests to see their food being prepared and cooked."

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In my kitchen

Liliana Tamberi, Owner, Food Lab

When you moved from modelling to the food industry, why did you come to London?
When you have to reinvent yourself, it's a lot easier away from the people who want you to stay as you are. I moved to London because I could be anyone I wanted to be here.

What inspired you to open Food Lab on Essex Road?
I was working as Executive Head Chef at The White Horse in SW6. It was my dream job and then I was – out of the blue – diagnosed with cancer. I promised myself (and my mum) that I would get out of this mess and open my own place. I was lucky enough to keep that promise.

What can we expect to find on the menus there?
They change all the time. We do a brilliant Full Italian Breakfast, home-made cakes depending on the fruit at the market, our Lobster Catalana is just fantastic, lots of different sandwiches, great coffee, and lots of regular dishes.

56 Essex Road N1 8RL; 020 7226 1001; foodlablondon.com

LOCAL LUXE

Expect a warm welcome this winter at the Food Lab

Gourmet NEWS

WINTER WARMER

Crouch End favourite The Haberdashery has opened a second branch in Stoke Newington. Expect charm personified and wonderful cakes and coffee.

170 Stoke Newington High Street N16 7JL; the-haberdashery.com

Good food here

The Waitrose Good Food Guide has announced 63 new entries from London in its 2014 edition. The guide reflects the high standard of dining in London as a total of 373 restaurants, pubs and cafes from across the region are included in the new edition – and showing King's Cross' resurgence, Caravan and Grain Store (below) both made the cut.

Two to meat

Exciting news as the duo behind Hawksmoor – Will Beckett and Huw Gott – are soon to open a new restaurant, Foxlow, on St John Street. A departure from the Hawksmoor steakhouses, the plan is for Foxlow to be an intimate neighbourhood restaurant – although the meat will again be ethically sourced. Expect the bar and their cocktails in particular to also play a big role. We will wait with bated breath.

TOM'S CHOICE

SPECIAL RELATIONSHIP

'Some of the less enlightened snobs would claim that America has nothing to offer save junk. More fool them, because this great and glorious land has one of the most exciting cuisines in the world.' Here's local inspiration:

Smokehouse
Co-owners Scott Hunter and Maria Larsen were featured last month and Smokehouse is already causing quite a stir. Not strictly American, but for flawless pulled pork, among many other beautiful dishes, it simply can't be beaten. We love the smell when walking past and can't resist going in.

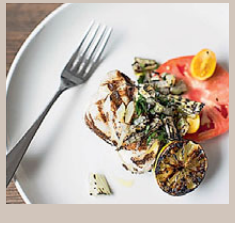
63-69 Canonbury Road N1 2DG; 020 7354 1144

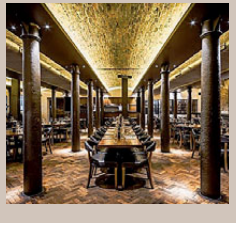
Hawksmoor
Once we had to suffer the sweaty indignity of the Aberdeen Angus chain of barely edible despair. Now, we have the mighty Hawksmoor, purveyors of some very serious steak, as well as magical hotdogs and mighty burgers too. Each location has its own unique identity, but we love the Guildhall branch.

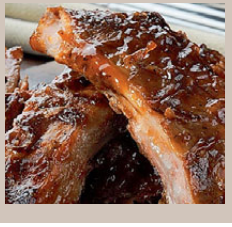
10 Basinghall Street EC2V 5BQ; 020 7397 8120

The Diner
The name is a dead give away, but you can't get more American than this fab restaurant on Essex Road. Tuck into The Diablo burger, an 8oz patty made from rib, sirloin, fillet and chuck, or perhaps go for the southern baked meat loaf or baby back ribs. As American as they come and that's fine by us.

21 Essex Road N1 2SA; 020 7226 4533







Crossing the divide

Much-loved local The Marquess Tavern has had a revamp – but will the food remain up to scratch? Mark Kebble and co enjoy finding out

Deciding on visiting The Marquess Tavern – nestled away in the heart of Canonbury – with a group of friends, I thought I'd put their food to the ultimate test: by inviting South Londoners to join me. Of course, two of them got lost, but my first guest to arrive and I enjoyed their splendid choice of craft beers, including Young's Hummingbird seasonal ale.

With everyone finally present, it was satisfying to hear how impressed they were with The Marquess Tavern's quirky look. But to the food: the Orwell platter (more on him later) was a meat lover's paradise, stuffed with wild boar scotch eggs, Suffolk fennel salami, pig cheeks croquettes… Marvellous stuff, with the scotch eggs in particular terrific. Our two other companions looked on with envy, but their starters – tea smoked trout and the salami board – received a thumbs up too.

My decision to have the wild boar sausages suggests I have a new foodie addiction

The mains were proper gastropub hearty affair and was where The Marquess Tavern really came into its own. My decision to have the wild boar sausages suggests I have a new foodie addiction, but these were fabulously plump offerings, served on a hearty dollop of mash and seasonal greens. The pan roasted hake with mussels was a satisfying slab of fish; the chicken was ravaged in super quick time, a minor quibble being it wasn't big enough; and finally the 21 day aged sirloin steak offering was an excellent cut of meat, accompanied by chunky beef dripping chips.

It's hard to win over those from across the river, but everything I already love about The Marquess Tavern certainly left a lasting impression: setting, clientele, service, drinks and top quality food. Test passed with flying colours.

✤ 32 Canonbury Street N1 2TB; 020 3437 0630

✤ The local

Islington residents are so much a part of The Marquess Tavern that the décor is literally dedicated to them. George Orwell (pictured) lived nearby for most of his life, and his memory is kept alive in the many references to his work, including framed images of his vintage book covers. What's more, one pub regular – John Edwards – even has 'his' chair mounted on the wall, with a commemorative plaque, as a mark of respect for his custom over 20 years.

Make it at home

Hake and mussels with samphire, tomato and fennel relish, serves two

Ingredients
Hake 2 fillets, 170-200g
Large mussels, 12
White wine, 100ml
Samphire, 50g
Salt and pepper to taste
Olive oil; pea shoots

For the relish
Fennel, 50g; Red onion, 50g
Garlic, 3 cloves
White wine vinegar, 15ml
Tin chopped tomatoes
Celery, 25g; Carrot, 50g
Caster sugar, 15g

Method
1. Heat a frying pan to a medium temperature with a little oil of choice. Finely dice the onion, carrot, fennel and celery and add to the pan. Cook the vegetables stirring constantly until soft but not coloured, add finely chopped garlic and the tin of tomatoes. Turn the heat right down and cook for 30 mins, stirring every 5 mins. When a relish like consistency add the vinegar and sugar. Pre-heat oven to 200c.
2. Ask your fishmonger to remove the scales and bones, but to leave the skin on. Place a large sauce pan on to the heat, add the wine and bring to the boil. Add the samphire and mussels to the wine and lightly shake the pan. When the mussels have all opened add the relish and stir through. Heat a non-stick frying pan and lightly oil. Season the fish both sides and place skin side down, laying the fish away from you as you place in to the pan. Cook for 1-2 mins until the skin is crispy, flip the fish and place in the oven for 4-5 mins.
3. Place the relish/mussels mix in the centre of 2 plates and sit the fish on top. Add the pea shoots.

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COUNTRY LIVING MAGAZINE

Ascot

FILM

The Hunger Games: Catching Fire

The surprise hit of last year, not in the sense of its blockbusting background, but a book adaptation that pleased both die-hard fans and those new to the material. Hot on the heels of that success is *The Hunger Games* sequel, *Catching Fire*, which will see Katniss Everdeen (Jennifer Lawrence) return to the arena. After winning the 74th Annual Hunger Games, Katniss returns home to District 12 along with fellow winner, Peeta Mellark (Josh Hutcherson). But soon enough they are caught up in a plot concocted by President Snow (Donald Sutherland), who appears to be determined to eliminate them both by sending them back into the arena – this time surrounded by experienced and vicious killers.

✤ See it from 21 November at Vue Cinema, 36 Parkfield Street N1 0PS; 0871 224 0240; myvue.com

The Angel resident *LOVES*

Local LIFE

PHOTOGRAPHY

Club Photos: London x Paris

Alisa Gallery presents an exhibition of photos that testify as signs and expressions of a story about transient times in our societies. As a medium, photography is exciting in its ability not only to freeze time, but to capture the energy and essence of the locality and subject, like dancing youths losing themselves in the moment. The photographs offer viewers a position to become voyeurs of this unique scene as well as represent a 'portrait of a generation'.

✤ Until 17 November at Dog Eared Gallery, 25-28 Field Street WC1X 9DA; alisa-gallery.com

MUSIC

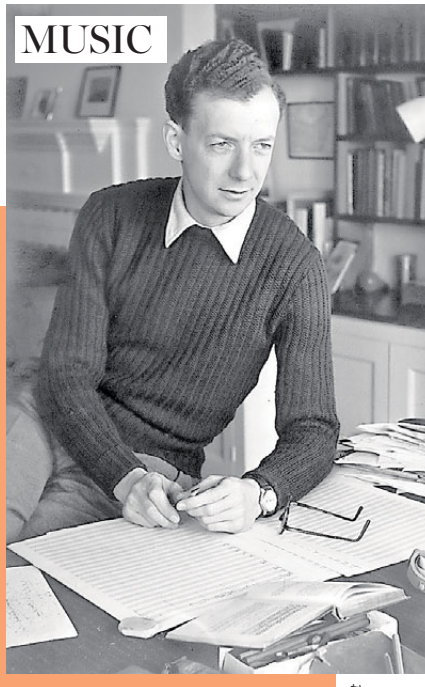


Photo by: Roland Haupt

ILLUMINATING BRITTEN

This is a three-day celebration of Benjamin Britten's life and work, featuring film screenings, talks, panel discussions and – the highlight for us – performances by Guildhall School musicians. Beginning on 8 November with a musical welcome and culminating with a celebratory lunch on 10 November, the weekend sees the Barbican Centre and Guildhall School of Music & Drama join forces for concerts, films, mini recitals and discussions featuring musicians who knew Britten personally and have a special understanding of his music.

✤ Find out more at barbican.org.uk

EVENT

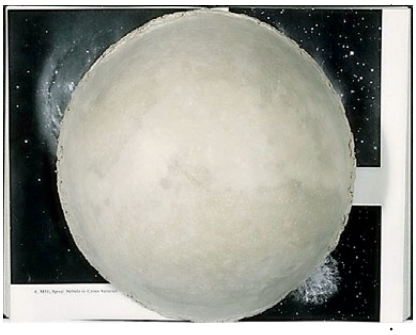
Country Living Magazine Christmas Fair

Yes, it's that time again – the Country Living Magazine Christmas Fair returns to the Business Design Centre from 30 October-3 November. As always, the fair will bring together hundreds of exhibitors in a festive extravaganza of quality and craftsmanship. Products will include beautiful hand-crafted decorations and the latest in fashion and jewellery, and you can also sample the best of regional food and drink.

You will also have the chance to learn from the experts at the Lifestyle Theatre. The timetable includes Christmas Entertaining from the good people at Leiths, Kirstie's Christmas Crafts from screen queen Kirstie Allsopp, and the Rough Guide to the Country by Jules Hudson. The Christmas countdown starts here and this is the perfect place to start getting into the spirit.

✤ See full listings information at countrylivingfair.com

Universal Fragments



Large Glass presents a group show inspired by the work of Trevor Shearer, running until 17 January, 2014. Six contemporary artists – Tonico Lemos Auad, Miroslaw Balka, Massimo Bartolini, Jean-Philippe Dordolo, Jean-Luc Moulène and Alison Turnball – each have selected some of their own work they feel resonates with that of the late British artist. Shearer was someone who found the idea of exhibiting his work exceptionally difficult, and rarely did so. He died at the beginning of 2013, leaving behind the largely unseen results of a practice that extended across a wide range of media.

✤ 392 Caledonian Road N1 1DN; 020 7609 9345; largeglass.co.uk

GROUP SHOW

FOOD & DRINK

3 of the best... for real foodies

1 As part of *Georgians Revealed* at the British Library, on 8 November Heston Blumenthal will talk about how he finds one of his greatest sources of inspiration from the original and creative recipes from Britain's rich culinary past. Join Heston for an evening exploring the lasting impact made during the Georgian era on the culinary history of Britain and to discover their influence on some of his creations.

✤ 96 Euston Road NW1 2DB; 01937 546546; bl.uk

2 From 11am on 1 November until 7pm on 2 November, the city will come alive with the finest artisan bread, cheese and wine available in the UK when, for the first time, Old Spitalfields Market plays host to the Cheese & Wine Festival and the Real Bread Festival. The festivals will feature a great range of over 40 artisan food companies selling their delicious foods and quality wines, with companies taking part including cheesemonger La Fromagerie, bakery Flour Station and organic wine merchants Vintage Roots.

✤ See more at cheesewinefestival.com and realbreadfestival.com

3 On 21-22 November, Jim Beam will transport bourbon-loving Londoners over the rolling hills of Kentucky and into the world class Jim Beam Stillhouse, which for two days will stand in The Old Truman Brewery. Offering a twist on the American institution, the Jim Beam Stillhouse will provide guests with an attack on the senses through an authentic distillery experience, as well as the opportunity to become part of Jim Beam's history.

✤ Find out more information online at jimbeamstillhouse.eventbrite.com

It's Arsenal around here

On now until 24 January, 2014, immerse yourself in a celebratory exhibition at Islington Museum telling the 100-year-old story of Arsenal FC's presence in Islington (1913-2013). It's Arsenal around here takes visitors on a journey back to 1913 in Highbury – the club's first home in Islington – and brings the story of the club in the borough to the present day. Also look out for special themed talks and walks.

✤ 245 St John Street EC1V 4NB; 020 7527 2837

BOOK NOW FOR DECEMBER

It wouldn't be Christmas in Angel without a Matthew Bourne production on at Sadler's Wells and this Christmas sees his multi award-winning Swan Lake return. Premiering initially at Sadler's Wells in 1995, Bourne's triumphant modern re-interpretation of Swan Lake turned tradition upside down, taking the dance world by storm. He blends dance, humour and spectacle with extravagant, award-winning designs by Lez Brotherston to create a provocative and powerful Swan Lake for our times. It returns to the area from 4 December-26 January, 2014.

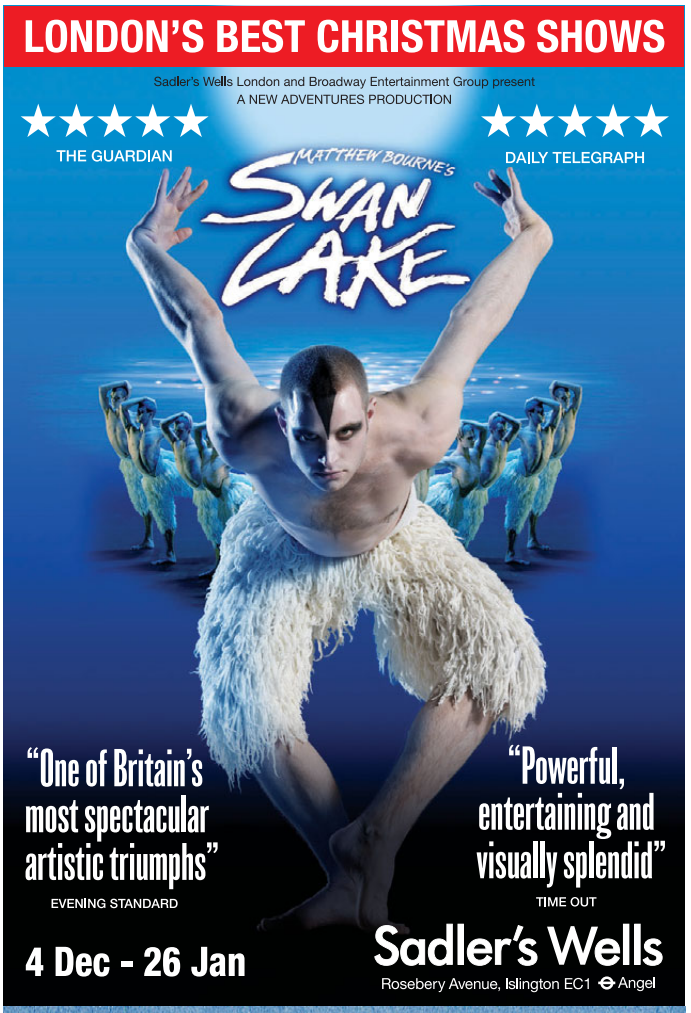
✤ Rosebery Avenue EC1R 4TN; 0844 412 4300; sadlerswells.com

Writer and director, Susie McKenna, celebrates her 15th Hackney Empire pantomime with a brand new production of Puss in Boots, running from 23 November. This rarely performed classic Perrault pantomime will be re-imagined for today's audience, with the high quality production values that the theatre has gained its reputation for. Packed with show-stopping songs, dazzling dance routines and side-splitting comedy, Puss in Boots will take its audience on an adventure through the merry Kingdom of Hackneyonia.

✤ 291 Mare Street E8 1EJ; 020 8985 2424; hackneyempire.co.uk

Acknowledged as one of Britain's finest pianists, Lucy Parham is renowned not only for her concertos and recitals, but also for her portraits in words and music of such composers as Schumann, Chopin, Liszt and Debussy. Now she has joined forces with Kings Place to produce a series of Sunday morning coffee concerts, which starts on 9 December with Celebrity Carnival. Lucy will be joined by Guardian editor Alan Rusbridger and other piano-playing celebrities for a morning of fun at the piano. Thirteen pianists will each play a movement from Schumann's enchanting Kinderszenen (Scenes from Childhood), which will be followed by a star-studded performance of Saint-Saens' Carnival of the Animals.

✤ 90 York Way N1 9AG; 020 7520 1490; kingsplace.co.uk



Boys' School 11+ Information Morning
Saturday 16th November 2013
9.00am-11.00am
Girls' School 11+ Information Morning
Saturday 16th November 2013
10.00am-12.00pm
7+ Information Morning
Saturday 9th November 2013
9.30am-12.00pm
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Five minutes with...

JASMINE MARTINS, Islington Young Mayor

How proud were you to be Islington's second Young Mayor?
I was over the moon when I was voted in by my peers. It's a great feeling knowing that not only do the young people of Islington trust you to represent them, but your fellow colleagues also believe you to be a confident leader and representative of the Youth Council.

What would you say you've achieved?
Over the past two years, as a Youth Council, we have achieved a great deal. Every organisation has its ups and downs, and when you are representing the voice of over 12,000 young people, the pressure is even tougher. However, with time comes benefits and I'm sure by the time our term in office comes to an end, young people will be able to see the impact we have made since being elected.

What would you say to any young person thinking about being involved with the Islington Youth Council?
My advice would be take the opportunity and make sure you are dedicated and committed. There are a lot of rewards that come with being a youth councillor and it is the best thing you will ever do in terms of giving back to your community.

✤ A full list of candidates for the next Youth Council will be announced on 25 October – see more at islington.gov.uk

LOCAL LUXE

Just Juniors

Feel the warmth

Even though at the time of writing we are enjoying rather unseasonably warm weather, we are pretty sure the cold will soon set in – and Benetton's latest clothing will keep babies wrapped up. Their A/W13 range is all about wanting our children to be warm, comfy and dressed in soft garments. Highlights include playsuits in jacquard pattern and a striped suit with funny ears on the hood.

✤ 21 Parkfield Street N1 0PS; 020 7359 2674

EDITOR'S CHOICE FIREWORK FROLICS

Head North as Alexandra Palace's popular fireworks show will return with a bang on 2 November following a four-year absence. There will also be a funfair, street food and ice skating sessions.

✤ Tickets can be purchased from backwithabang.com or call 020 3390 0150

The 2013 Lord Mayor's Show is held on 9 November at 11am this year, and will be followed by the Lord Mayor's Fireworks in the evening. The procession has been a popular London event for almost 800 years and continues to grow every year.

✤ See the latest information at lordmayorsshow.org

The fireworks display at Corams Fields on 1 November will be created especially with young children in mind, who may otherwise be nervous. Adults will only be admitted accompanied by a child, and there will be hot food and drink stalls too.

✤ 93 Guildford Street WC1N 1DN; coramsfields.org

Whale of a time in N1

Discover a pirate's paradise at the N1 Centre on 1 November when an inflatable 50ft whale and some sea-faring friends are marooned in the central piazza from 11am-3pm. Head into the whale's belly and listen to enchanting tales. Make sure your little pirates enjoy a fishy feast at wagamama too.

✤ For further information, visit n1islington.com

Something to smile about...

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BDA goodpractice member

Gym of the month

Embody Fitness

A new gym has opened that promises to deliver an exceptional level of athlete quality professional fitness training and results. Embody Fitness is run exclusively by Olympians and ex-professional athletes, whose performance based scientific training approach to getting maximum effect results is packaged and delivered in a way that is accessible to all fitness abilities.

Two Olympians head up the Embody team, including three time Olympic short track speed skater, Sarah Lindsey, and 2012 Commonwealth medallist and double Olympic pole vaulter, Kate Dennison. 'What people need to realise is that quick fixes and fads just don't work,' says Sarah. 'What people should be doing are real exercises that have tangible effects on the body. The methodology of the UK's leading strength coaches and the secrets of the athletes is what Embody Fitness is all about.'

✤ 1 Bartholomew Lane EC2N 2AX; embodyfitness.co.uk

Olympic opening

More from our professional athletes as Beth Tweddle, Great Britain's most successful Olympic gymnast, opened Bupa's new health centre close to the Angel area on 3 September. The new multi-million pound centre will be a state-of-the-art facility that will specialise in treatments including those for musculoskeletal conditions – ideal for sporty City workers who like to work hard out of the office – as well as cosmetic procedures and dermatology.

✤ For more information about the Bupa Centre on Basinghall Street, visit bupa.co.uk/basinghall

Health & fitness NEWS

Model behaviour

Whilst the majority of us agree that a balanced diet and good complexion are key indicators of a healthy lifestyle, a survey by Fitness First reveals that the most sought after body part is a stomach like a model. A whopping 35% of men and women say the stomach is the area they would most like to work on, with just 8% saying their bum.

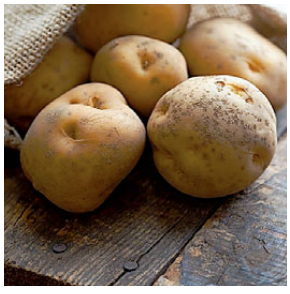
Facing facts

The Angel Laser Clinic is now offering Cynosure's new FDA-cleared RevLite laser. This is the latest market leader for treating difficult skin conditions including acne, fine lines and wrinkles, hyperpigmentation and melasma. RevLite offers faster treatment times and 60% more power than its laser predecessors, with minimal downtime for all skin types.

✤ For more information, call The Angel Laser Clinic on 020 7607 5111; 144 Liverpool Road N1 1LA

3 healthy ingredients in season

Known as a superfood, **cranberries** are full of antioxidants, which protect cells from damage by free radicals.



Potatoes are low in fat and high in fibre and protein, and a medium-sized one contains almost half your daily intake of vitamin C.

Swiss chard provides a huge amount of lutein and zeaxanthin, which protect retinas from the damage of ageing.

ASK THE EXPERT

Sarah Gibbons, teaches Brazilian dance classes at Rhum Jungle on Exmouth Market

Beat the winter blues with some Brazilian energy. Brazilian zouk and samba are two dances that will get you moving and grooving and into shape. Dancing is fun, releases endorphins and is a great way to socialise whilst getting fit. No partner or experience is necessary. The patient and friendly teachers will help you unleash your inner dancer and after the classes there's a Brazilian club night for dance practice or relaxing with a Caribbean cocktail!

✤ Rhum Jungle, 70 Exmouth Market EC1R 4QP; riozoukfusion.co.uk

ONTARIO
The land of contrasts

Vibrant, modern Ontario offers discerning travellers a holiday to remember

When it comes to luxury, culture and cuisine, there's a sophisticated corner of Canada that's in pole position. The Province of Ontario in Eastern Canada boasts some of the biggest names in hospitality and is at the forefront of pioneering Canadian panache. If it's high-end luxury you're looking for, this is the ultimate playground.

Cosmopolitan, sophisticated and chic, Toronto demands attention.Perched majestically on the shores of Lake Ontario with the CN Tower dominating the modern skyline, Toronto is drawing in a stylish crowd.

New luxury designer hotels are popping up across this city; Toronto is determined to position itself as the new Manhattan, and it's doing just that. Innovative dining delivered by celebrated chefs such as Mark McEwan combine with fashionable boutiques packed with the latest designer trends, world-class theatres, art galleries and museums are helping to seriously boost Toronto's profile as North America's new capital of cool. During the influential Toronto International Film Festival held every September, A list celebrities flood into town to attend world premieres and to honour a fabulous celebration of cinema.

With an eclectic mix of personality, Toronto offers visitors the opportunity to explore many facets of culture, art and design, as well as being a top-rated international destination for premier events at world-class venues.

Toronto, it would appear, has got its swagger on and deservedly so. Increasingly attracting the biggest brands and brightest stars in hospitality, including Donald Trump's first Canadian hotel, the fabulously intimate Ritz-Carlton Toronto, one of only two Shangri-La properties in North America and the flagship Four Seasons Hotel Toronto.

Toronto's inspired chefs are creating a new, bracingly modern and completely Canadian style of cuisine. "Canadiana" is no longer just a term used for moose-print sweaters and maple leaf mittens, but a bona fide, big-city cuisine borne of chefs obsessed with heritage meat and wild plants, preferably foraged in the Don Valley, a local Toronto landscape.

Restaurateurs Daniel Boulud and David Chang are two of the most recent arrivals to this culinary scene with Bar Boulud and Momofoku being just two of the exciting additions. Even the most discerning gourmand will be impressed.

You want to shop? Bloor-Yorkville is Toronto's most celebrated neighbourhood of style. A fusion of historic charm and modern seduction, 'Yorkville' (as the locals refer to it) offers a unique blend of designer boutiques, fashionable restaurants and intimate galleries. Prada, Hermes and Gucci rub shoulders with luxury Canadian retail stores Holt Renfrew and Harry Rosen who offer personal shopping services.

Beyond the city there's a whole lot more

Start your Ontario holiday in picturesque Toronto

Take the trip of a lifetime in a helicopter over the Niagara Falls

for anyone with a hankering for luxury. Toronto is the gateway to a province renowned for its natural beauty, diversity and gracious hospitality.

Just 90 minutes away, Niagara Falls boasts a multitude of acclaimed hotel brands with the finest views over the Falls. A tour by private helicopter promises a dramatic rainbow-filled perspective of one of the world's natural wonders. Plus, the Niagara Region boasts over 75 wineries, many of them award-winning and offering private wine tours.

Charming Niagara-on-the-Lake is perfect for honeymooners and discerning holidaymakers alike. Elegant inns, B&Bs and spas promise a peaceful escape. The highly respected Shaw Festival Theatre and impeccable restaurants add to the cachet of this cherished town.

The tranquil, magnificent Muskoka region is within two hours' drive of downtown Toronto. Muskoka is widely regarded as the Hamptons of the North. With over 600 pristine lakes, 17 charming villages, and Millionaire's Row – a collection of the world's most luxurious summer cottages, Muskoka attracts movie stars and moguls alike, while sporting enthusiasts will be spoiled with a wealth of options including golf, fishing, hiking, canoeing and kayaking.

For the ultimate indulgent escapism, The JW Marriott The Rosseau Muskoka – the only JW Marriott in Canada – is perched on a hill top overlooking the glassy waters of Lake Rosseau peppered with pine tree covered islands. Boasting state of the art water sports equipment, a golf course, private beach and extensive spa, this luxury resort promises to calm guests and connect them with its epic surroundings.

For a soulful eco-chic hideaway experience, the five-star E'terra resort on the forested Bruce Peninsula of Georgian Bay boasts six suites, a spa, and fine dining enhanced by using only organic, seasonal ingredients.

Ontario makes the most of its exceptional natural attributes paired with outstanding hotel, dining and retail experiences. Honeymoon couples and discerning travellers alike will be enchanted by the romantic views, welcoming service and precious moments spent in vibrant Toronto and the alluring landscape that lies beyond.

Win a luxury 5 night break to Ontario

Ontario Tourism UK has teamed up with North America Travel Service and British Airways to offer one lucky reader a luxury break in Ontario for two people. The prize includes flights from London to Toronto, two nights in Toronto and three nights at the JW Marriott Lake Rosseau Resort & Spa plus four days car rental.

For your chance to win go to: ontariotravel.net/ukluxury

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A real shoe in

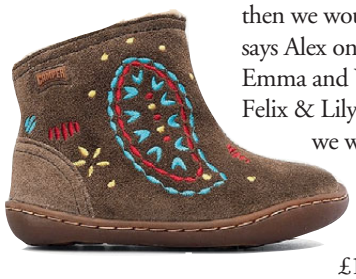
The Angel resident LOVES

Emma-Lily Pendleton meets the four ladies who have joined forces to offer a new way to shop for children's shoes in Islington

The 'indie' shops of Camden Passage have been exposed to tumultuous times – some haven't weathered the storm, but many others just keep on going. One such boutique is Felix & Lily's and, as winter approaches, they've joined forces with another London independent, gaining strength in numbers.

Following seven successful years on Camden Passage, owners Emma Brown and Vonda Norman have collaborated with Hackney's Little G.E.M.s to bring a range of shoes to their store of fashionable clothing and quality toys. The pitter-patter of children's feet is a familiar sound on Angel's streets and those tiny tootsies need new shoes on an alarmingly regular basis. Now, rather than having to navigate their brood through the City's department stores, local parents can buy them on Camden Passage. 'Our clients have been asking for and missing a children's shoe boutique,' says Emma. 'We'd been looking for a long time. It's a whole other area, so we needed someone who had expertise.'

Clair, Vonda, Emma and Alex are happy to join forces



Little G.E.M.s, run by Alex Tham and Clair Lane, have been trading in Hackney for two years, fitting and advising on shoes for under fives. 'If it'd been anywhere else then we would have had to think about it,' says Alex on the decision to collaborate with Emma and Vonda. 'We've always viewed Felix & Lily's as an inspirational shop and we were thrilled that they invited us to work together.'

Like Felix & Lily's, who stock clothes that range from £14.99 and toys from £4.99, the shoes are well priced, with most pairs falling between £30 and £55. But what Little G.E.M.s specialise in is barefoot shoes – based around the theory that what's best for children's feet is for them not to wear shoes at all. 'Of course, you do need to put shoes on your children, so the answer is to have something that's very lightly shod and flexible,' says Alex. 'The brands that we advocate are Bobox, Vivobarefoot and Livie & Luca – three brands that use this as the foundation for their designs.'

Alex and Clair have worked with local paediatric podiatrist Tracy Byrne to host drop-in events for parents to get free advice on their child's feet, events they hope to hold at Felix & Lily's. 'Tracy helps us research the brands, but she's even sat in the shop with us measuring and fitting shoes,' adds Clair. The measuring and fitting service is one that will continue to be offered at Felix & Lily's.

As well as shoes like the Camper boots above, Felix & Lily's still offer cute clothing

Little G.E.M.s brings a bit of East London cool to Islington with its fashion-led selection, but Emma and Vonda also chose them for their approach to business. It isn't just with prices they're competing with the high street, it's the whole experience. 'Service is very important to us,' says Vonda. 'We get to know our customers – we have children come in who we've seen grow up.'

> Clients have been asking for a children's shoe boutique. We needed someone with expertise

'We're keeping the same amount of stock, but we've halved our overheads by collaborating,' adds Emma. They are proving that through diversity and collaboration, you can survive the parking restrictions, big brands and internet shopping that is stifling the 'indies'. 'A lot of us in the Passage have been here a long time,' says Vonda, 'but some have appeared and then gone quickly – it's about finding ways of coping.'

✤ 3 Camden Passage N1 8EA; 020 7424 5423; felixandlilys.com

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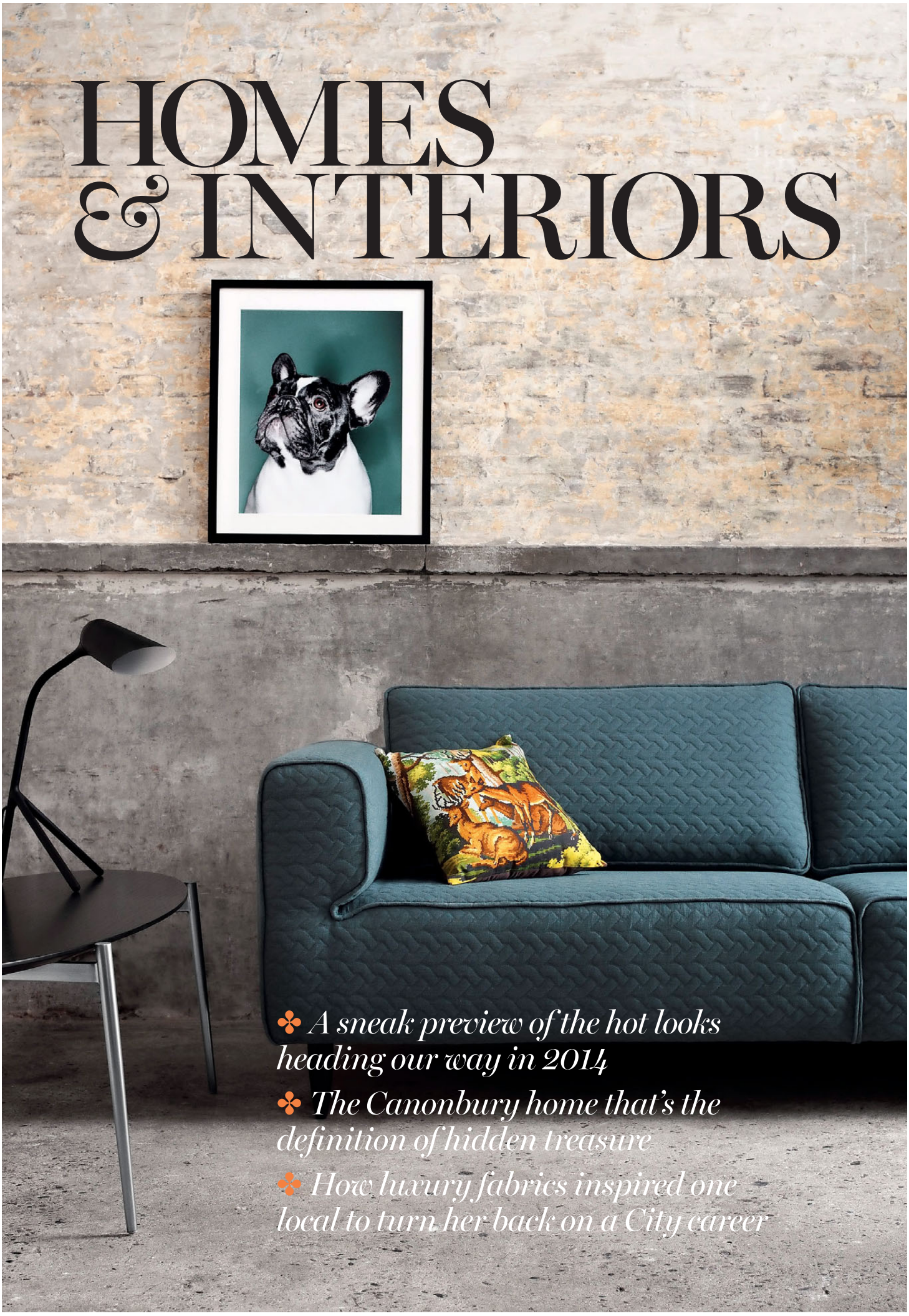

- *A sneak preview of the hot looks heading our way in 2014*
- *The Canonbury home that's the definition of hidden treasure*
- *How luxury fabrics inspired one local to turn her back on a City career*

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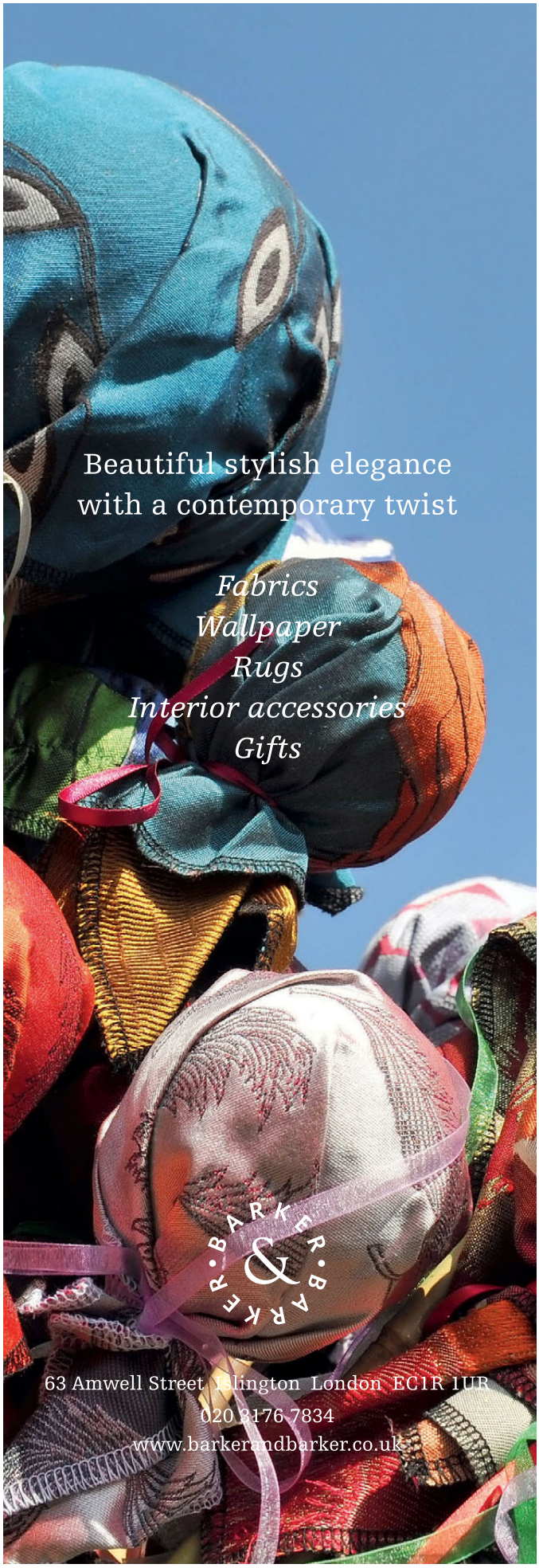


The blind spot

Jane Parker tells Mark Kebble about leaving a City career behind to bring some much-needed luxury into our lives this winter

Winter is here and there's frankly few things better than drawing the curtains and keeping it out. Jane Parker agrees with me, but that's where she encountered a problem. 'I struggled to find stylish cushions and blinds for my home without paying designer prices,' she explains. 'I have refurbished three homes and each time I could not get access to good quality blinds and curtains on the high street. The fabrics I liked sat in the domain of the pricey interior brands.'

So what did the Islington local do? She sorted the problem herself by launching Parker|Bird, a specialist retailer – both online and offline – with an exclusive range of stylish fabrics that she makes into curtains, blinds and accessories. The fabrics are all natural, linens and cottons, which are sourced directly from the finest mills in Europe and hand-crafted into beautiful home furnishings in Britain.

Talking to Jane her passion and enthusiasm is clear, so it's rather surprising to learn she originally worked in the City before jumping into the world of textiles. 'The learning curve has been considerable,' she admits, 'but extends over several years before the launch of Parker|Bird. For anyone starting a business, it starts with a genuine passion and interest that drives your curiosity to learn about everything directly or indirectly relevant.'

That passion is certainly burning bright, particularly if the current Parker|Bird website is anything to go by. 'We have 41 fabrics that are hand finished into curtains, blinds and accessories,' Jane informs. 'Our fabrics are presented in a palette of earthy hues and powdery neutrals – soothing colours that will suit any room. I am keen on tranquil, autumnal colours at the moment. Burgundy, shades of grey, and a softness – I am interested in building a larger collection of soft coloured fabrics and this seems a trend in both interior fabrics and fashion textiles. Think soft ecru, cognac and caramel for colours.' Perfect, then, for keeping the winter gloom out.

✤ To view the online luxury fabrics, blinds and curtains, visit parkerbird.com

Jane Parker

The right feeling

How long have you lived in Islington and what do you like about it?

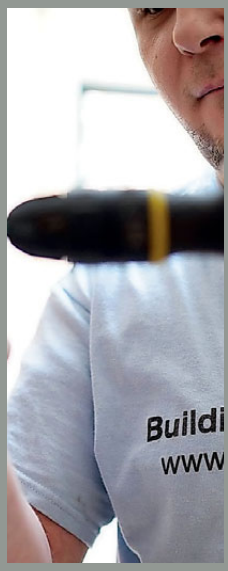
I have lived here for three years, but I also lived in Islington during my studies in my early 20s. I like the area because it has a neighbourhood community and it is a vibrant mix of theatre, nightlife, café and shops. You can slope off into the quiet, leafy and neighbourly back streets, or you have lots of lively choices on Upper Street. I like the fact that Islington is a savvy London location and keeps up with the times without being self-conscious and trying too hard.

The Eden Flax Checks design

The Eden Flax Stripe, pictured here, and the Dusty Claret, right

All the fabrics used by Parker|Bird are luxurious in feel and look

The Mortar Boys



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Future concepts

BoConcept have unveiled their hotly anticipated new designs, shapes and colours for 2014. New designs are a given, but the real news here are the never-before-seen combinations of familiar styles. Colours and materials from the past are redefined and merged for completely new solutions. The fusion of contrasts are seen in mixing warm with cold, natural with metal, wood with neon, raw with polished, and north with south. Experience the new Carlton sofa, a contemporary classic, or the new iconic chair, Hamilton; tables in new shapes and combinations; or the cool all-in-one desk with the name Cupertino that may have a classic look, but comes with modern functionality for all home studies.

✤ 255 Finchley Road NW3 6LU; 020 7794 8049; boconcept.co.uk

Interiors NEWS

THE HEAT IS ON

Bisque have launched their latest radiator in time for the onset of chilly days. The Tetro radiator is a clever combination of traditional design with a twist: six times lighter than the cast iron designs of old, it is constructed entirely from recycled aluminium.

✤ Available to buy from Bisque; bisque.co.uk

Now for something completely different...

We are well used to Abigail Ahern changing the way we look at interiors, but we weren't expecting this. She is introducing The Larder into her Upper Street shop, a unique pop up experience where we can experience and enjoy Nicolas Vahe's range of speciality food. One of France's best-known dessert chefs, in 2007 he created his very own brand of luxury larder foods from his own recipes – and now you can pick some up for yourself, not to mention other goodies, at Atelier Abigail Ahern.

✤ 137 Upper Street N1 7BJ; 020 7354 8181; abigailahern.com

No place like home

We have always been a big fan of Butlers in the N1 Centre, where it really does feel like home in a relaxed and inviting atmosphere. They have just announced new launches for November, so even more reason to pop along and spend time browsing. The new Campagne Console table, £249 (above), caught our eye, as did the wonderful Silverlight candle holders, perfect for dark winter evenings.

✤ For more information, call 020 3227 0025; n1islington.com

STYLISH HOME BUYS THROWS FOR WINTER

The Angel resident *LOVES*

Herringbone Wool Bed Throw, 100% wool to ensure a warm feel, £128.50.

✤ naken.co.uk

Chunky crocheted blue throw in a lacy style using wool yarn, £190.

✤ nutmegandsage.co.uk

Throver Dog Eared Koala, stylish, durable, and comfortable, £106.

✤ crateideas.co.uk

Hidden treasure

Lizzie Worsdale and her husband may have stumbled upon this Canonbury home by chance, but they have made the most of their good fortune

The Mayor of London should employ Lizzie Worsdale to help promote the benefits of cycling around the capital. 'When my husband and I arrived in London, we basically got on our bicycles and went exploring,' she explains how she came to live on Alwyne Road. 'We were about to buy a property in Primrose Hill and just stumbled upon Canonbury really. We couldn't believe it – the properties here are not overlooked and are very secluded.'

This is beautifully illustrated in the back garden of the property the Worsdales have lived in for nine years now. 'We spend as much time in the garden as possible,' Lizzie enthuses. 'It's a real sanctuary and leads down to the New River Walk, and it's completely enclosed. You just can't believe you are in London.'

Unfortunately at the time of writing, autumn had arrived, but there's plenty inside the house to entice you in. Grade II-listed, Lizzie and her husband took the opportunity to refurbish it completely. 'There's a real feeling of light and space,' Lizzie says on the look and colour palette of the house today. 'We wanted it to be a home that felt harmonious, understated, and reinforce the great architectural features.'

Job done, we say. The kitchen has a wonderfully rustic feel to it, with Lizzie adding that her 'pride of joy is the Mercury stove'. Meanwhile the reception rooms have delightful period features, the four bedrooms continue the feeling of elegance, and the master bathroom even has fitted clothing storage in place. 'Our one extravagance,' beams Lizzie.

After nearly a decade in place, can Lizzie sum up the 'feeling' the house exudes? 'It's very tranquil, very welcoming and a very happy kind of house.'

✤ This home on Alwyne Road at the time of printing has been successfully let through Knight Frank. For more details, call 020 3657 7360; knightfrank.co.uk

Reception room
Lighting plays a huge role throughout the house, with individual pieces giving each room its own character

Kitchen
There's a real 'French' feel to the kitchen, being very homely and old fashioned at heart

The garden is a real sanctuary and leads down to the New River Walk, and it's completely enclosed. You can't believe you are in London

Garden
Expect plenty of greenery, with wisteria, jasmine and vines covering the garden walls

Bedroom

All the bedrooms feature real attention to detail, and the master bedroom boasts an original fireplace

LUXE LIVING

Luxury fabrics are found all over the house, with some curtains featuring tie backs made out of crystal

Ideas to steal

(1)

1. Paris 6 Arm Antique Bronze Crystal Chandelier, £750.

✤ alexanderandpearl.co.uk

2. Durham Bath, freestanding with contemporary design, £395.

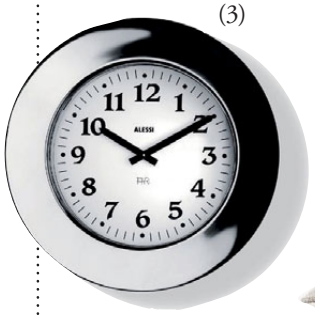
✤ frontlinebathrooms.co.uk

(2)

3. Momento Wall Clock by Alessi, £159.

✤ Aria, Barnsbury Hall, Barnsbury Street, N1 1PN; 020 7704 6222

(3)



4. Bivouac Cushions, from £85.

✤ Folklore, 193 Upper Street N1 1RQ; 020 7354 9333

(4)

Bathroom

The roll top bath complements the luxury feel alongside a wardrobe which runs the entire length of the room

Angel resident directory

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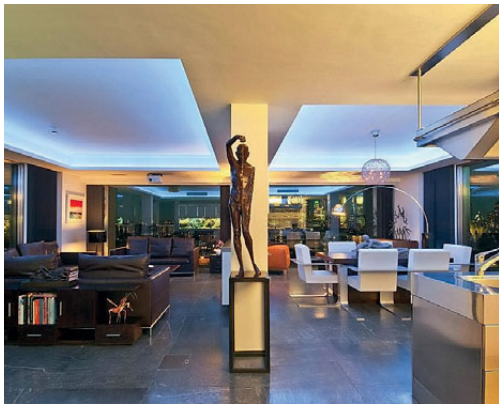

BREATHTAKING APARTMENT WITH PANORAMIC VIEWS ACROSS LONDON

GAINSBOROUGH STUDIOS WEST, N1

Open plan living/kitchen/dining room ◆ 2 double bedrooms suites ◆ utility room
◆ guest cloakroom ◆ 6 terraces in excess of 1500 sq ft
◆ 2 underground parking spaces ◆ 197 sq m (2,127 sq ft) ◆ EPC=D

Savills Islington
Paul Williams
pwilliams@savills.com
020 7226 1313

Guide £2.5 million Leasehold, approximately 987 years remaining

savills.co.uk

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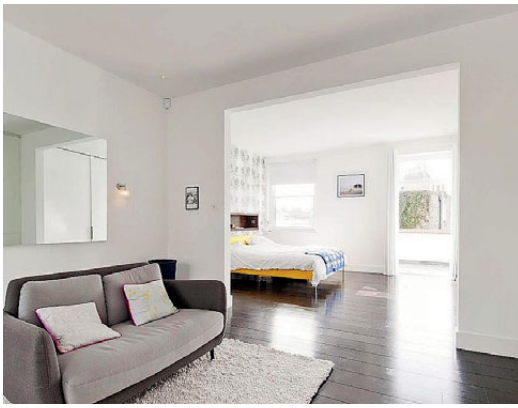

A MOST IMPRESSIVE HOME OVERLOOKING REGENT'S CANAL

VINCENT TERRACE, N1

Open plan kitchen/living/dining room ◆ first floor bedroom suite comprising:- master bedroom, living area, bathroom, dressing room and terrace ◆ 4 further bedrooms ◆ family bathroom ◆ utility room ◆ separate w.c. ◆ landscaped garden ◆ 331 sq m (3,572 sq ft) ◆ EPC=C

Savills Islington
Paul Williams
pwilliams@savills.com
020 7226 1313

Guide £3.95 million Freehold

savills.co.uk

savills

BEAUTIFULLY PRESENTED MAISONETTE WITH PRIVATE GARDEN

ROSELEIGH AVENUE, N5

Reception room ◆ kitchen ◆ master bedroom with en suite shower room ◆ 2nd bedroom ◆ family bathroom ◆ walk-in wardrobe ◆ utility room ◆ garden ◆ 85 sq m (916 sq ft) ◆ EPC=D

Savills Islington
Jo-Anne Neighbour
jneighbour@savills.com
020 7226 1313

Guide £750,000 Leasehold, approximately 164 years remaining

savills.co.uk

A BEAUTIFULLY PRESENTED HOUSE WITH GARDEN SET IN CHARMING MEWS

ORCHARD MEWS, N1

3 bedrooms ◆ 2 bathrooms ◆ 1 reception room ◆ private patio garden
◆ recently refurbished ◆ 101 sq m (1,092 sq ft) ◆ administration charges apply
◆ Council Tax=E ◆ EPC=D

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Fitore Vula
fvula@savills.com
020 7226 1313

£725 per week Furnished

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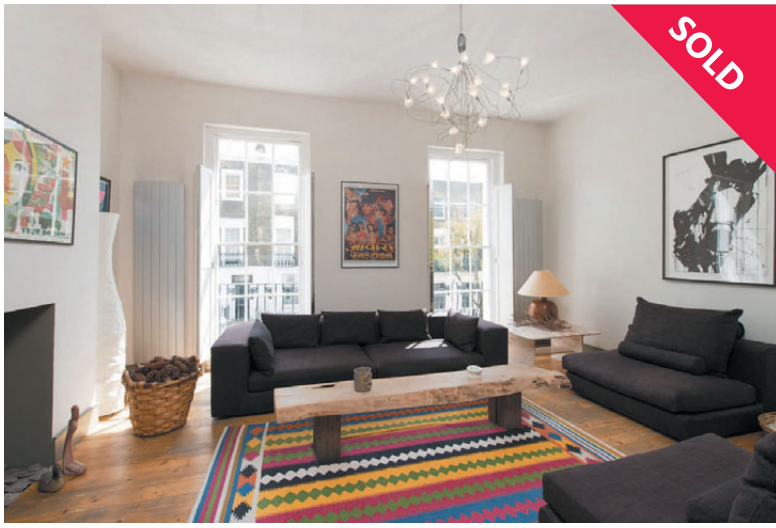
Knight Frank

Compton Terrace, Islington N1

An imposing Georgian terraced house offering substantial accommodation over five floors with a wonderful garden and off street parking for 5/6 cars. 9 bedrooms, 4 bathrooms, 2 reception rooms, 2 kitchens, dining room, library, utility room, 2 guest WCs, wine cellar, garden, off street parking. Approximately 500 sq m (5,390 sq ft)

Guide price: £4,995,000



Great Percy Street, Islington WC1X

An excellent three bedroom house over four floors in a fabulous location with a unique open aspect from the landscaped rear garden. 3 bedrooms, 2 bathrooms, double reception room, kitchen, dining room, guest WC, study, garden. EPC rating B. Approximately 118 sq m (2,025 sq ft)

Guide price: £1,950,000

Ockendon Road, Islington N1

A fabulous family house that has been beautifully arranged over four floors on the south side of this popular street. Master bedroom, 2 further bedrooms, 2 bathrooms, shower room, double reception room, kitchen/dining room, guest WC, conservatory, garden, patio. EPC rating B. Approximately 211 sq m (2,271 sq ft)

Guide price: £1,650,000

Calabria Road, Highbury N5

A superb family home offering two reception rooms opening onto a contemporary designed kitchen extension. 4 bedrooms, 2 bathrooms, double reception room, guest WC, cellar, garden. EPC rating C. Approximately 177.67 sq m (1,910 sq ft)

Guide price: £1,650,000

KnightFrank.co.uk/Islington
020 3657 7340
islington@knightfrank.com

KnightFrank.co.uk

Knight Frank

Ockendon Road, Islington N1

An attractive period home over three floors with excellent living space and patio garden. 3 bedrooms, 2 bathrooms, double reception room, kitchen/dining room, utility room, guest WC, garden. EPC rating B. Approximately 167.16 sq m (1,797 sq ft)

Guide price: £1,395,000

Northstand Apartments, Highbury N5

The Northstand Apartments offer contemporary living in a fabulous setting either overlooking the gardens (originally the pitch) or in courtyards. The apartments are bright and airy and ready for immediate occupation. The concierge is based in the East Stand. A selection of one and two bedroom apartments sold.

Prices from: £325,000 - £1,260,000

Linton Street, Islington N1

A spacious maisonette over the upper two floors of this corner period property with a lovely rear garden. 2 bedrooms, bathroom, kitchen, reception room, dining room, guest WC, garden. EPC rating C. Approximately 84 sq m (904 sq ft)

Guide price: £875,000

Clerkenwell Quarter, Clerkenwell EC1V

Modern 1, 2 & 3 bedroom apartments for sale with superb facilities located in London's City Fringe. Within a few minutes' walk of the City, close to Tech City, the legal district and with easy access to Canary Wharf and the West End.

Prices from: £415,000 - £1,240,000

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Lonsdale Square, Islington N1

Prestigious Square

A superb house in the heart of Barnsbury. The property is arranged over four floors and comprises five double bedrooms, three bathrooms, double reception room, large kitchen and dining room, conservatory leading onto the private garden and boasts views of Lonsdale Square. EPC rating (TBC). Approximately 247.86 sq m (2640 sq ft).

Available unfurnished

Guide price: £2,250 per week

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Packington Street, Islington N1

Heart of Angel

A superb split level maisonette in an excellent location. The property comprises two bedrooms, two bathrooms, large reception room, private garden and study. EPC rating C. Approximately 955 sq ft (88 sq m).

Available furnished

Guide price: £645 per week

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Prebend Street, Islington N1

Period House

A beautifully refurbished house in an excellent location offering easy access in to the City. The property comprises three double bedrooms, two bathrooms, modern kitchen, double reception room and private garden. EPC rating D. Approximately 108 sq m (1164 sq ft).

Available unfurnished

Guide price: £750 per week

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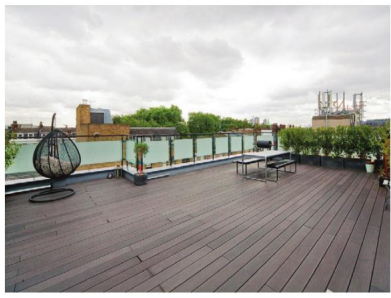

Providence Place

Islington N1

A spectacular 2 double bedroom penthouse apartment, set within this development in the heart of Islington Green & within moments of Angel underground station. This property also benefits from a phenomenal roof terrace, master bedroom with dressing room & en-suite shower room & amazing open-plan kitchen/reception room.

EPC rating D

£1,195,000 guide price
leasehold

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Robinswood Mews

Highbury N5

A beautifully presented 4 double bedroom detached townhouse arranged over 3 floors, set within this highly sought after private mews development accessed via Highbury Crescent & only moments from the greenery of Highbury Fields with an easy access to Highbury & Islington underground station (National Rail & Victoria Line).

EPC rating C

£1,500,000 guide price
freehold

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Letting Agency of the Year 2013

Noel Road

Islington N1

Stellar period house located on one of the premier roads in Angel, Islington. Located just off the canal the house offers ample space & period features while being moments from Upper Street & Angel underground station. The property presents a large reception room with private garden that adjoins the canal, modern kitchen, 4 well proportioned double bedrooms & 3 bathrooms plus private terrace.

EPC rating D

£1,600
per week

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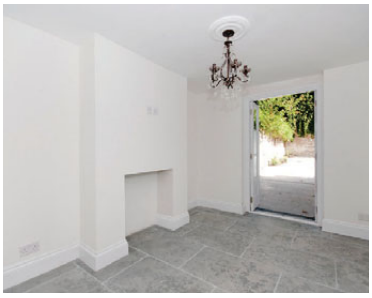

Wilton Square

London N1

Exquisitely restored 2/3 bedroom house on this desirable residential square in Islington. The property offers an abundance of natural light & character features with modern finishings. Comprises double reception room, sumptuous eat in kitchen, downstairs WC, modern family bathroom, 2 spacious double bedrooms with built in storage, a further study room & a large private garden.

EPC rating F

£850
per week

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VILLAGE APPEAL

Living in or near to a village in London can typically command a premium in the region of 51%, according to research by Kinleigh Folkard & Hayward in conjunction with Zoopla.co.uk

Property NEWS

✤ Who is buying:
Popular with media types, architects, City workers and West End players, the road continues to be a sought after area.

✤ Typical price:
Fyfe McDade are marketing a beautiful four bedroom Georgian property on Amwell Street with an additional retail shop at ground floor level for £1,650,000.

Street of the month

EXMOUTH MARKET

Sandwiched between Finsbury, Clerkenwell and Islington is the fantastic Exmouth Market, dating back to the 1890s. The small cobbled street is buzzing with boutique jewellers, delis and specialist food shops.

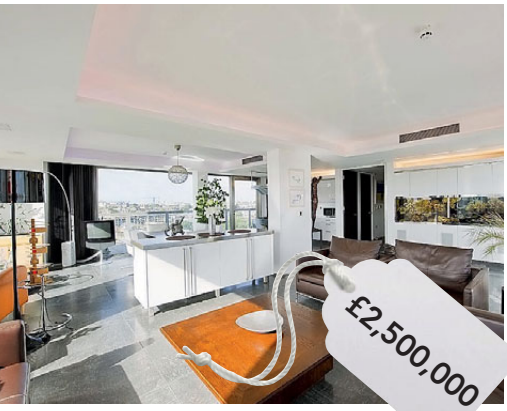
Generally property in the area dates back to the 19th century, consisting of beautiful apartments above shops, the odd terraced house and loft conversions offering lateral space in period conversions. Nearby Amwell Street consists of a plethora of decadent Georgian townhouses, as well as Wilmington Square and Myddelton Square, both historic garden squares dating back to the 18th century.

Exmouth Market is a lively hub of activity by day and even more so by night, with festoon lighting draped above the street and alfresco dining from an abundance of independent multi-cultural restaurants. Nearby Sadler's Wells draws post-show diners with the most popular restaurants being Cottons, Kolossi Grill, Moro and the famous Medcalf Bar.

✤ By Emma Fildes, Fyfe McDade Islington; 020 7354 4044

Properties to buy in your neighbourhood

LOCAL LUXE



Apartment with great views

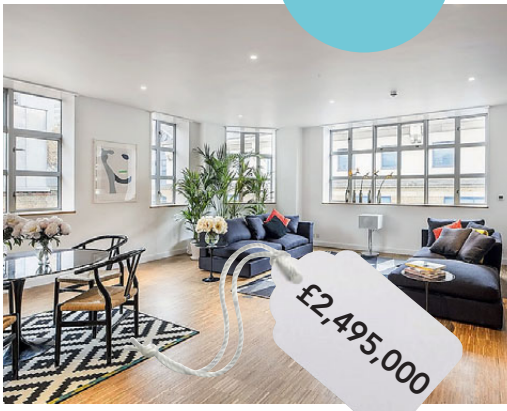
This apartment is arranged over the 11th, 12th and 13th floors of Gainsborough Studios West, N1, with two double bedrooms, both en-suite, and panoramic London views.

✤ Savills, 94-96 Upper Street N1 0NP; 020 7226 1313; savills.co.uk

Stunning five bedroom house

Presented to an exceptional standard, this fantastic five bedroom end of terrace house offers well proportioned rooms on Pyrland Road, N5, which is close to the amenities of Newington Green.

✤ Foxtons, 355 Upper Street N1 0PD; 020 7704 5000; foxtons.co.uk



Penthouse loft apartment with roof terrace

A fabulous apartment on Shepherdess Walk offering 2,700 sq ft of loft-style living, plus three bedrooms and a stunning roof terrace.

✤ Knight Frank, 353 Upper Street N1 0PD; 020 3657 7340

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Witherington Road, London N5 £1,250,000

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Liverpool Road, London N5 £1,100pw

Large Victorian house in prime location close in Angel with four bedrooms, three reception rooms and two bathrooms.

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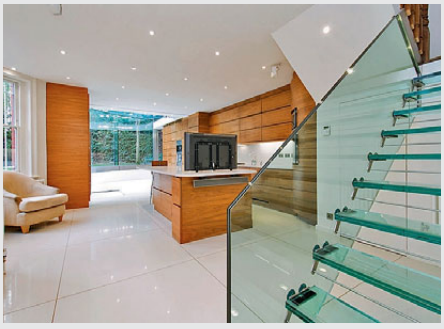

Willow Bridge Road N1

A grand and beautifully restored 2900 sq ft, five bedroom family home within the Canonbury conservation area. This superb property retains many period features and has gardens surrounding the house, including off street parking for one car. The master bedroom has a spacious en-suite bathroom, the reception rooms are very well proportioned and there is an impressive curved glass wall in the kitchen overlooking the garden. **EPC:D**

£3,25,000 Freehold

- *Five bedrooms*
- *Four reception rooms*
- *2,900 sq. ft.*
- *Master en-suite bathroom*
- *2 further shower rooms*
- *Off street parking*

Islington Office
Sales. 020 7717 5453 | islington@hamptons-int.com

HAMPTONS INTERNATIONAL

Florence Street N1

A stunning newly built designer house located in the heart of Islington. This minimalist townhouse benefits from lots of open space and vast amounts of light, it also enjoys lots of outdoor space including a large balcony and also a spacious roof terrace. Florence Street is a very central location just moments from Upper Street. The numerous shops, bars and transport facilities are virtually on the door step. **EPC:C**

£3,750,000 Freehold

- *Designer townhouse*
- *Open-plan kitchen-dining room,*
- *Reception room*
- *4 bedrooms*
- *Garage*
- *2 roof terraces*

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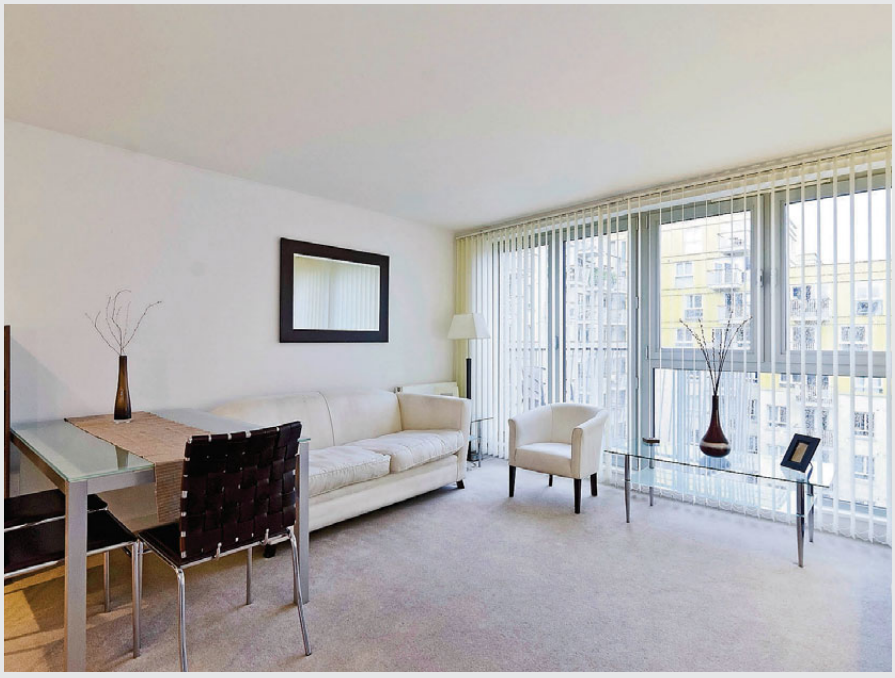
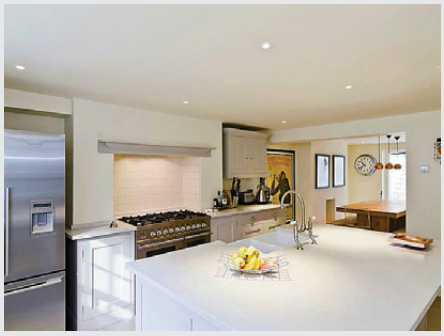
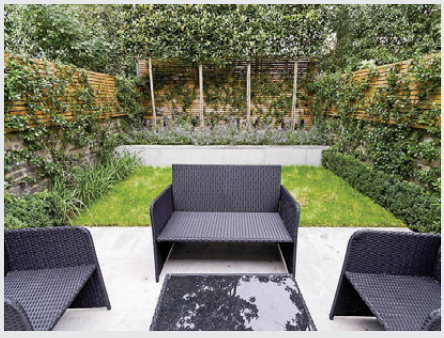


Eden Grove N7 £375 per week LONG LET
Corporate quality property in attractive development built around communal courtyard and with 24 hour concierge and access to communal gymnasium.
One Bedroom / Modern Fittings / Concierge. **EPC:C**





Barnsbury Street N1 £1,400 per week LONG LET
Hamptons are pleased to offer this fabulous house in the heart of Barnsbury, newly renovated with high specification fixtures and fittings throughout.
Three Bedrooms / Quality Fittings / Original Features. **EPC:D**

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Available on the App Store

MY AREA: Daniel O'Brien

Islington has always, quite rightly, been praised for its architectural and historical gems, but the rise of the new build can't be ignored – and according to Hamptons International's Daniel O'Brien, it's crucial to maintain a buoyant market. 'A great example is the City Road Basin,' he says, 'everywhere you now look there is a new site starting construction. With the short supply of stock, developers can't finish their sites fast enough.'

It has been a successful 2013 for Hamptons International Islington, with Daniel explaining that, year on year, figures are around 20% up from 2012. Is he expecting next year to follow suit? 'It really is tough to call. The Help to Buy scheme comes in soon and that's going to have a big impact on the market,' he considers.

We are now seeing De Beauvoir become one of the more desirable areas in Islington

'This will have a key role to play with the lower to mid market, which should then have a knock on effect for higher priced properties.'

Having worked in the area for five years, Daniel has seen plenty of change. 'Islington has stepped up its game,' he says, 'and as a result the new restaurants, cafes and boutiques have brought a different clientele into the area. De Beauvoir in particular – this used to be an area that buyers would see as a second option behind the more traditional parts of Islington, but now we are seeing it become one of the more desirable areas.'

However, some of the long-established aspects of N1 are still proving to be a big draw. 'Islington will always be known for its beautiful architecture and rich history. Never have I known an area which has such incredible demand for all types of period property.'

Insider information

✤ Typical property:
Any period style conversion, split level or lateral are popular, especially with direct outside space.

✤ Average sale price:
You are looking at £550,000-£650,000. This covers the bread and butter of Islington, which is a mix of 1 and 2 bedroom apartments.

✤ Popular parts:
The most popular parts of Islington are most definitely the garden squares. Any property that sits in such a location can expect to see a high level of interest.

What I love...

What do you like best about Angel?
Its diversity. There's a bit of everything here.

Do you have a favourite restaurant?
Frederick's is my favourite restaurant. It has a great lunch menu and the wine list is fantastic.

Is there a bar or pub you love going to?
The Draper's Arms, but also the Old Queen's Head when they host their great quiz night.

Where can you get the best coffee or tea?
De Beauvoir Deli, which has opened on Theberton Street. You can buy a lot more than just coffee, but their Americano has me hooked. Everyone in the office seems to be addicted.

Do you like a particular type of music?
My taste is quite diverse. I like going to festivals and finding new bands. I went to Glastonbury this year and it was amazing.

At an imaginary dinner party, which 4 guests – dead or alive – would you invite round and why?
A real tough question for me as there are many people I would like to meet. The four that stand out would be Elvis Presley as I was brought up on his music, Steve McQueen as he was the king of cool, Will Farrell (in character) as Ron Burgundy from Anchorman and Irina Shayk as she is without doubt one of the most attractive women in the world.

✤ Daniel O'Brien is Sales Manager at Hamptons Islington, 97-99 Upper Street N1 0NP; 020 7717 5303; hamptons.co.uk

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Richmond Crescent, N1

- Quiet prime Barnsbury position
- Five bedroom semi-detached home
- Wide frontage, well-proportioned space
- Formerly Tony Blair's Islington family home

£2,500,000 Freehold

Gibson Square, N1

- Attractive Grade II listed 5 Storey property
- Flexible accommodation with 4/5 bedrooms
- 3/4 receptions, 3 bathrooms
- Self-contained Nanny flat

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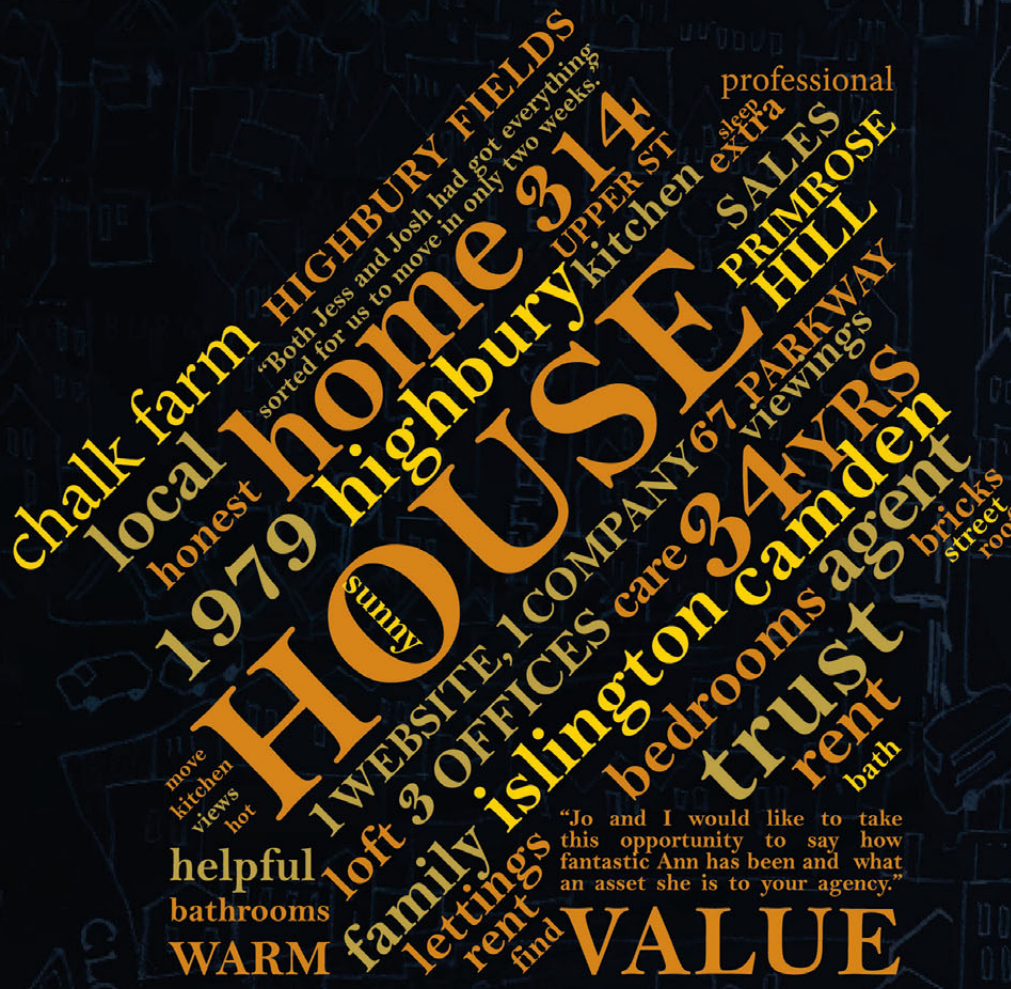

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The Media Room Barnsbury Road N1

sound proof recording room | open-plan office | shower room | kitchen
residential use (subject to planning) | EPC rating D

A unique opportunity to purchase a state of the art recording studio and office space in the heart of Barnsbury

Guide price **£700,000 share of freehold**

Essex Road London N1

reception room | 2 bedrooms | bathroom | kitchen
EPC rating D

A charming two bedroom maisonette with its own private entrance, arranged over the upper floors of this attractive Victorian Building on Annette Crescent

Guide price **£699,950 share of freehold**

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CLUTTONS

Canonbury Road London N1

reception room | 2 bedrooms | bathroom | kitchen/breakfast room | garden
EPC rating E

A beautifully presented two bedroom garden maisonette arranged over the lower floors of this attractive Victorian building in the heart of the Canonbury Conservation Area

Guide price **£630,000 share of freehold**

Dove Road London N1

reception room | 2 bedrooms | 2 bathrooms | kitchen | secure parking
communal roof terrace | communal gardens | EPC rating C

A fantastic two bedroom first floor apartment within this well regarded modern development, close to the amenities on Essex Road

Guide price **£485,000 leasehold**

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Huntingdon Street London N1

double reception room | dining room with open-plan kitchen | 4 bedrooms
2 bathrooms | study area | garden | EPC rating E

A substantial 2,000 sq ft house arranged over four floors located on a peaceful street in Barnsbury

Unfurnished **£1,000 per week**

Northampton Grove London N1

double reception room | 3 bedrooms | bathroom | kitchen | garden
EPC rating D

A beautifully presented house with a private garden, located within easy reach of Highbury & Islington station and the boutiques along Upper Street

Furnished/unfurnished **£700 per week**

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CLUTTONS

Colebrooke Row London N1

reception room | dining room with open-plan kitchen | 2 bedrooms | bathrooms
roof terrace | EPC rating E

A recently upgraded maisonette located just moments from Angel station and Upper Street's plentiful amenities, with far-reaching views across London from the roof terrace

Furnished **£650 per week**

Arlington Square London N1

reception room with open-plan kitchen | bedroom | bathroom
EPC rating D

A one bedroom house incorporating a perfect balance between contemporary styling and original period features, located within the Arlington Conservation area

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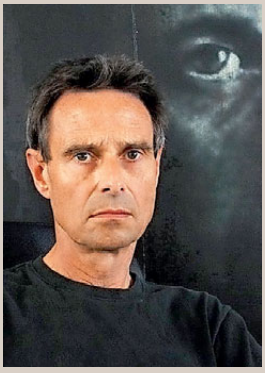
My Angel

(3)

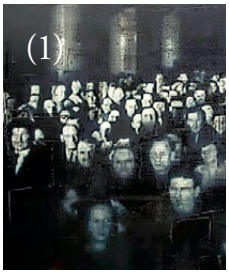


Following on from the success of *Scratching the surface, joining the dots*, Highbury artist John Keane's new series *Fear* looks at the Moscow show trials that took place during the great Stalinist terror of the 1930s. At this time no-one was safe from denunciation, and in remembrance these paintings resurrect the core emotion of those on trial.

(4)

For inspiration of my latest series… I forget whether it was first reading Simon Sebag Montefiore's excellent evocation of life and death in Stalin's politburo in the 1930's, *In the Court of the Red Czar*, or coming across mugshots of prominent Russians taken after arrest by the NKVD secret police for anti Soviet crimes. But the series was set in motion by attempts to imagine what existence might be like when you wake up every morning not knowing if one false move could result in arrest and execution.

On the whole… once the painting process starts, emotion gives way to technical and aesthetic considerations. However, the uniquely expressive stares that many of these unfortunate individuals wear have a way of penetrating your soul that can pull you up short. (1)



(1)

The expressive stares that many of these individuals wear have a way of penetrating your soul

The history of humanity… is the history of conflict. Conflict is driven by fear, fear can be generated simply by those who owe a different allegiance to us – be it to race, nation or god.

When I first became aware of… the fact that an artist had been appointed during the Falklands war I thought 'that's what I'd like to do'. I did a couple of projects of my own in Nicaragua and Northern Ireland before I eventually got the gig [as the official British war artist during the Gulf War]. It felt like someone was taking me seriously. The proximity to a world event was uniquely thrilling, but it was also a responsibility. It was an important thing for me to do and I'm glad I did it, but I wouldn't do it again. I enjoyed the attention that it drew in the media. (2)

(2)

I have lived in Highbury for… almost 24 years now. It's a short ride to the centre of London, but still leafy. It has good independent shops, nice neighbours, and in 24 years I haven't been mugged yet. (3)

Heading out… I favour Thai Corner Café and Trullo, both on St Paul's Road, Stringray Café, Highbury Barn (the best pizza), or Tblisi, a Georgian restaurant on Holloway Road. (4)

✤ Fear runs until 23 November at Flowers, 82 Kingsland Road E2 8DP; 020 7920 7777; flowersgallery.com

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